



LIVE ONLINE CLASS SCHEDULE

WEEK 4
MAY 3RD - 9TH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM			POWER YOGA DIDIER				
9:30AM						HIIT CARLOS	
10:00AM				BTB BOUNCE REPLAY ANYA			BTB BOUNCE ANYA
11:00AM			PRENATAL YOGA ZELMARE			POWER YOGA DIDIER	
12:30PM							
2:30PM	GENTLE FLOW SHAHAD	BTB BARRE ANYA		POWER PILATES CARLOS	BTB BARRE ANYA		YIN YOGA JACQUIE
4:00PM	POWER PILATES ANYA	DANCE CARDIO ANISSA	BTB JUMPSTART MOUNA	BODYTREE BODY ANISSA & NADIA	POWER PILATES WITH PROPS ANYA		
5:15PM	BODYTREE BODY ANYA	YIN YOGA JACQUIE	BODYTREE BODY ANYA	YIN YOGA JACQUIE	ZUMBA CECI		FULL BODY FLOW PILATES ANITA
				FULL BODY FLOW PILATES ANITA			
6:00PM							HATHA FLOW DIDIER
8:30PM		FREE RAMADAN MINDFULNESS JOELLE	STRETCH N SNOOZE ANGELA	FREE RAMADAN MINDFULNESS JOELLE			

Note: Class schedule is subject to change. Please check back to our website regularly for more information.
Private classes with instructors are available upon request. Please contact info@bodytreestudio.com
All ESD classes are 30 minutes long unless stated otherwise.