



# LIVE ONLINE CLASS SCHEDULE

WEEK 10

JUNE 14TH - 20TH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM	POWER FLOW DIDIER		POWER YOGA CARLOS				
9:30AM					HIIT CARLOS		
10:00AM				BTB BOUNCE ANYA		HORMONE YOGA THERAPY TRACY ASSAAD	BTB BOUNCE REPLAY ANYA
11:00AM			PRENATAL YOGA ZELMARE			POWER YOGA DIDIER	
12:00PM			INTERMEDIATE BALLET SUSIE				
1:00PM	INTERMEDIATE BALLET SUSIE						
2:00PM		BTB BARRE ANYA		POWER PILATES CARLOS	BTB BARRE ANYA		
3:30PM	POWER PILATES ANYA	DANCE CARDIO ANISSA	BTB JUMPSTART MOUNA	BODYTREE BODY ANISSA & NADIA	POWER PILATES WITH PROPS ANYA		
6:00PM	BODYTREE BODY ANYA		BODYTREE BODY ANYA	YIN YOGA MADALENA			
7:00PM		<b>ONLINE SPECIAL</b> ANGELIC MEDITATION ZAKIA	STRETCH N SNOOZE ANGELA				<b>ONLINE SPECIAL</b> ANGELIC MEDITATION ZAKIA

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](mailto:info@bodytreestudio.com)  
 All ESD classes are 30 minutes long unless stated otherwise.