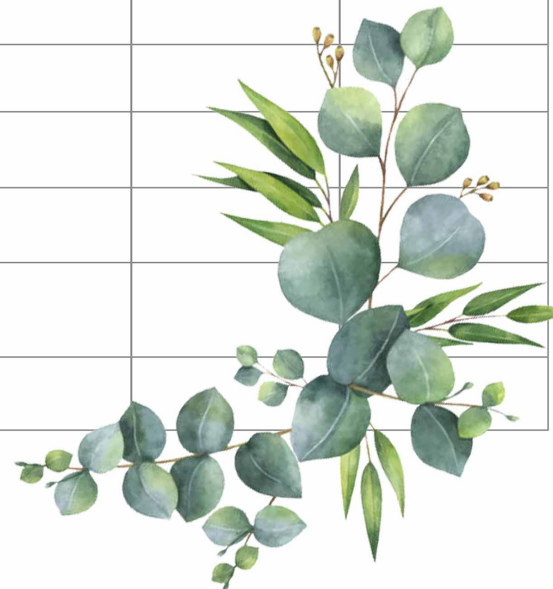


# MARCH SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	STARTING ON THE 14TH 8:45AM POWER FLOW (LADIES) CATHY		8:30AM POST-NATAL RECOVERY PILATES (LADIES) ZEIMARE IN STUDIO & ONLINE				
	8:45AM BTB DANCE CARDIO (LADIES) ANISSA IN STUDIO & ONLINE	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	8:45AM BTB BOUNCE (LADIES) ANYA	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE			
9:00AM		OPEN LEVEL REFORMER (LADIES) ANYA	9:45AM MYOFASCIAL RELEASE & FACE YOGA - PRENATAL SUITABLE (LADIES) ZEIMARE	BTB BOUNCE REPLAY ONLINE ANYA	PILATES TOWER (LADIES) ANYA		PURE REFORMER I/II MARIE
	9:30AM PILATES REFORMER SCULPT (LADIES) ANYA	9:30AM POWER FLOW REFORMER II/III (LADIES) FE	9:45AM BTB JUMPSTART ONLINE (LADIES) MOUNA	9:30AM POWER FLOW REFORMER II/III (LADIES) FE	BTB JUMPSTART (LADIES) MOUNA IN STUDIO & ONLINE		
10:00AM		10:15AM BTB BARRE (LADIES) ANYA IN STUDIO & ONLINE		BTB DANCE CARDIO (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	10:15AM BTB BARRE (LADIES) ANYA	MONTHLY YOGA THERAPY OR FACE YOGA ONLINE (LADIES) TRACY ASSAAD	BTB BOUNCE REPLAY ONLINE ANYA
			10:30AM PURE REFORMER I/II (LADIES) ANYA	ADULT BOLLYWOOD DANCE WORKOUT (LADIES) WITH SHONI	10:30AM PURE REFORMER I/II (LADIES) FE	POWER YOGA DIDIER	10:15AM PURE REFORMER I/II MARIE
				10:45AM BTB CONTROL (LADIES) NADIA & ANISSA	10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM	PRENATAL REFORMER (LADIES) FE						11:30AM POWER FLOW REFORMER II/III DIDIER
		OPEN LEVEL REFORMER (LADIES) ANYA		OPEN LEVEL REFORMER (LADIES) ANYA			
5:00PM		5:45PM ASHTANGA (LADIES) TINA BOCK		VINYASA FLOW ONLINE (LADIES) SUBSTITUTE	5:45PM ASHTANGA JOELLE		
	OPEN LEVEL REFORMER (LADIES) FE		BTB BARRE (LADIES) ANYA	BODYTREE BODY (LADIES) ANYA			
6:00PM		6:15PM BEGINNER YOGA SHAHAD	6:15PM YOGA RX JOELLE	PILATES MAT FLOW SHRUTI			
	PURE REFORMER I/II DIDIER	6:15PM BODYTREE BODY (LADIES) ANYA IN STUDIO & ONLINE	6:15PM ASHTANGA 1.5 EXPRESS MICHELLE IN STUDIO & ONLINE	6:15PM PRENATAL YOGA ONLINE (LADIES) ZITA			
	6:15PM HATHA POWER FLOW JOELLE				6:30PM FLEXIBILITY FLOW (LADIES) SHAHAD		
	6:30PM BTB BOUNCE (LADIES) ANYA						
7:00PM	HATHA YOGA HAMAD						
	7:15PM POWER FLOW REFORMER II/III DIDIER	7:30PM PILATES MAT FLOW SHRUTI	PILATES JUMPFIT ANYA	7:15PM POWER FLOW REFORMER II/III FE			
	7:30PM SOUND HEALING VIDYA	7:30PM PURE REFORMER I/II DIDIER	7:30PM POWER YOGA DIDIER	7:15PM INTERMEDIATE HATHA DIDIER			
		7:30PM POWER VINYASA MICHELLE IN STUDIO & ONLINE	STARTING ON THE 16TH 7:30PM CANDLE TRAKATA GAZING VANDANA	7:30PM SOUND HEALING (LADIES) VIDYA			
8:00PM	VINYASA FLOW DIDIER	7:45PM YIN YOGA TEA					



Classes are subject to change at last minute. Always check the online schedule via mindbody or visit our website [www.bodytreestudio.com](http://www.bodytreestudio.com)