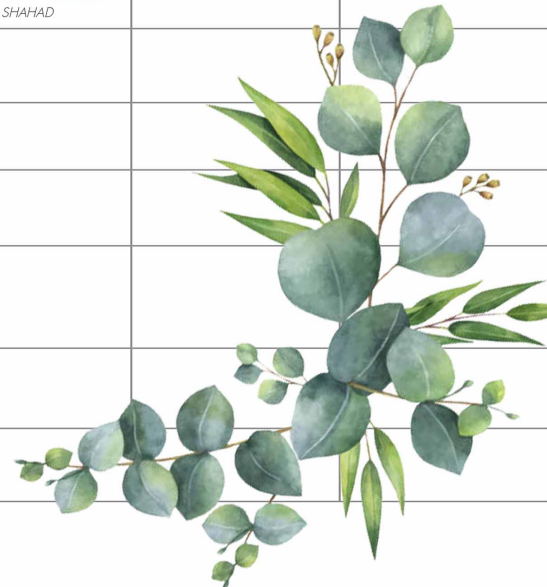


# MARCH SCHEDULE

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

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WELLNESS



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)