

# DECEMBER SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNRISE							
8:00AM	8:30AM RADIANT FLOW (LADIES) ANGELA		8:45AM BTB BOUNCE (LADIES) ANYA/ANISSA				
	8:45AM BTB DANCE CARDIO (LADIES) ANISSA IN STUDIO & ONLINE	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	8:45AM BTB JUMPSTART (LADIES) MOUNA IN STUDIO & ONLINE	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	8:45AM BTB JUMPSTART (LADIES) MOUNA		
9:00AM		OPEN LEVEL REFORMER (LADIES) ANYA/SUB		9:30AM OPEN LEVEL REFORMER (LADIES) ANYA/SUB	PILATES TOWER (LADIES) ANYA/SUB	9:15AM HATHA YOGA DIDIER/SUB	PURE REFORMER I/II MARIE UNTIL 18TH DECEMBER
	9:30AM PILATES REFORMER SCULPT (LADIES) ANYA/SUB	POWER FLOW REFORMER II/III (LADIES) ANITA					HATHA FLOW SELEN
10:00AM	BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE		BASICS & CARE REFORMER (LADIES) ANITA/SUB	BTB DANCE CARDIO EXPRESS (LADIES) ANISSA IN STUDIO & ONLINE	10:15AM BTB BARRE (LADIES) ANYA/ANISSA		10:15AM DYNAMIC PILATES MENNAT UNTIL 18TH DECEMBER
		10:15AM BTB BARRE (LADIES) ANYA IN STUDIO & ONLINE UNTIL 13TH DECEMBER	PURE REFORMER I/II (LADIES) ANYA/SUB		10:30AM PURE REFORMER I/II (LADIES) ANITA/SUB		10:15AM PURE REFORMER I/II MARIE UNTIL 18TH DECEMBER
				10:45AM BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE	10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM	PRENATAL REFORMER (LADIES) FE					POWER YOGA DIDIER/SUB	
	ADULT BALLET SUSIE						11:45AM POWER FLOW REFORMER II/III DIDIER
4:00PM							
5:00PM		OPEN LEVEL REFORMER (LADIES) ANYA/SUB	OPEN LEVEL REFORMER (LADIES) ANYA/SUB	OPEN LEVEL REFORMER (LADIES) ANYA/SUB			
6:00PM	OPEN LEVEL REFORMER (LADIES) ANITA/SUB	ATHELETIC REFORMER ANGELA	BTB BARRE (LADIES) ANYA UNTIL 14TH DECEMBER	BODYTREE BODY (LADIES) ANYA/MENNAT	ASHTANGA PRIMARY JOELLE		HATHA POWER FLOW DIDIER UNTIL 18TH DECEMBER
	PURE REFORMER I/II DIDIER/SUB	6:15PM BEGINNER YOGA SHAHAD		PILATES MAT FLOW SHRUTI		 <b>bodytree</b> WELLNESS	
	6:30PM HATHA FLOW JOELLE	6:15PM BODYTREE BODY (LADIES) ANYA/MOUNA IN STUDIO & ONLINE		6:15PM VINYASA FLOW DIDIER/SUB			
	6:30PM BTB BOUNCE (LADIES) ANYA/ANISSA		6:30PM ASHTANGA INTERMEDIATE JOELLE	6:15PM PRENATAL YOGA ONLINE ZITA			
			6:15PM STRENGTH & CARDIO REFORMER ANITA/SUB				
7:00PM		PURE REFORMER I/II DIDIER/SUB					
	7:15PM POWER FLOW REFORMER II/III ANITA/SUB		7:30PM YOGA THERAPY JOELLE	7:30PM INTERMEDIATE HATHA DIDIER/SUB			
	7:30PM SOUND HEALING VIDYA	7:30PM HATHA INTERMEDIATE DIDIER/SUB	7:30PM POWER YOGA DIDIER/SUB	7:30PM POWER FLOW REFORMER II/III ANITA/SUB			
	7:45PM VINYASA FLOW DIDIER/SUB						
8:00PM		8:15PM STRETCH N SNOOZE ANGELA					

Classes are subject to change at last minute.  
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