

# JANUARY SCHEDULE

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



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