

SUMMER SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM			8:45AM BTB BOUNCE (LADIES) ANYA (NO CLASSES ON 6TH & 13TH JULY)				
	8:45AM BODYTREE BODY (LADIES) ANYA (NO CLASS ON 11TH JULY)						
9:00AM		POWER FLOW REFORMER II/III (LADIES) ANYA			PURE REFORMER I/II (LADIES) ANYA		PURE REFORMER I/II LILLIAN/AMRA
10:00AM			YIN YOGA (LADIES) ANGELA		10:15AM BTB BARRE (LADIES) ANYA (NO CLASSES ON 8TH & 15TH JULY)	POWER YOGA MICHAEL	
		10:15AM BTB BARRE (LADIES) ANYA (NO CLASS ON 12TH JULY)	PURE REFORMER I/II (LADIES) ANYA				PURE REFORMER I/II LILLIAN/AMRA
					10:45AM PRENATAL YOGA (LADIES) SELENA (NO CLASSES ON 29TH JUL & 5TH AUG)		
11:00AM							11:15AM KIDS YOGA (AGES 7 - 11) ABEER (NO CLASSES AFTER 3RD JULY)
12:00PM							CONTEMPORARY DANCE FOR ADULTS LANA (NO CLASSES ON 17TH & 24TH JUL & 14TH AUG)
5:00PM	PRENATAL YOGA JOELLE/CHAITHRA (NO CLASSES AFTER 11TH JULY)	POWER FLOW REFORMER II/III (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) ANYA	POWER FLOW REFORMER II/III (LADIES) ANYA			
				PRENATAL YOGA (LADIES) JOELLE (NO CLASSES AFTER 14TH JULY)			
6:00PM	OPEN LEVEL REFORMER (LADIES) LILLIAN	BODYTREE BODY (LADIES) ANYA (NO CLASS ON 12TH JULY)	6:15PM BTB BARRE (LADIES) ANYA (NO CLASS 6TH & 13TH JULY)	POWER YOGA MICHAEL			HATHA POWER FLOW MICHAEL
	BEGINNER YOGA CHAITHRA (NO CLASSES AFTER 11TH JULY)	6:15PM BEGINNER YOGA SHAHAD/MEENA/MICHAEL (NO CLASS ON 19TH JULY)		6:15PM BODYTREE BODY (LADIES) ANYA (NO CLASSES ON 7TH & 14TH JULY)			
	6:30PM BTB BOUNCE (LADIES) ANYA (NO CLASS ON 11TH JULY)						
7:00PM	PILATES MAT FLOW LILLIAN	PURE REFORMER I/II ANYA					
	7:15PM POWER FLOW REFORMER II/III ANGELA						
				7:30PM INTERMEDIATE HATHA CHAITHRA/MEENA			
8:00PM		HATHA INTERMEDIATE MICHAEL					
		8:15PM STRETCH N SNOOZE ANGELA					



Classes are subject to change at last minute.
Always check the online schedule via the
Bodytree Studio App or our website