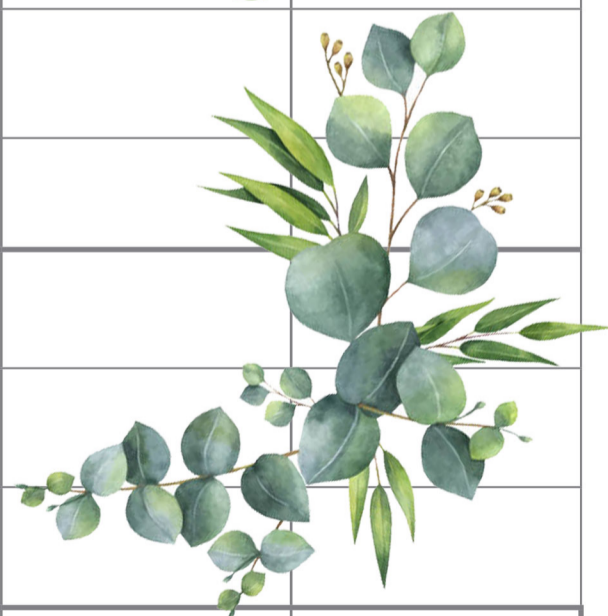


NOVEMBER SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	8:30AM REFORMER BASICS (LADIES) AHLAM		8:45AM BTB BOUNCE (LADIES) ANYA	8:30AM REFORMER BASICS (LADIES) AHLAM			
	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	9:30AM POWER FLOW REFORMER II/II (LADIES) AHLAM	POWER FLOW REFORMER II/II (LADIES) AHLAM		9:30AM PURE REFORMER I/II (LADIES) ANYA	PILATES TOWER (LADIES) ANYA		PURE REFORMER I/II AMRA
	9:30AM PILATES SCULPT REFORMER (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA	9:30AM PILATES SCULPT REFORMER (LADIES) ANISSA		YOGA SHRED (LADIES) CECI		
10:00AM	BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE	OPEN LEVEL REFORMER (LADIES) AHLAM	YIN YOGA (LADIES) ANGELA	BTB DANCE CARDIO EXPRESS (LADIES) ANISSA IN STUDIO & ONLINE	10:15AM BTB BARRE (LADIES) ANYA		PURE REFORMER I/II AMRA
	10:30AM PURE REFORMER I/II (LADIES) ANGELA	10:15AM BTB BARRE (LADIES) ANYA IN STUDIO & ONLINE	10:30AM PURE REFORMER I/II (LADIES) ANYA		10:30AM PURE REFORMER I/II (LADIES) LILLIAN		
				10:45AM BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE	10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM	QIGONG (LADIES) JOELLE						POWER FLOW REFORMER II/III AMRA
		11:30AM ADULT BALLET SUSIE					11:15AM KIDS YOGA (AGES 7 - 12) ABEER
LUNCH		1:00PM YOGA FOR DANCERS SUSIE		12:30PM ADULT BALLET SUSIE			12:00PM ADULT CONTEMPORARY DANCE LANA
5:00PM		PILATES SCULPT REFORMER (LADIES) ANYA	PURE REFORMER I/II (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA			
				PRENATAL YOGA (LADIES) VIDYA			
6:00PM	OPEN LEVEL REFORMER (LADIES) LILLIAN		BTB BARRE (LADIES) ANYA	BODYTREE BODY (LADIES) ANYA			POWER YOGA MICHAEL
		6:15PM BEGINNER YOGA SHAHAD	PRENATAL REFORMER (LADIES) AHLAM	POWER YOGA MICHAEL			
		6:15PM BODYTREE BODY (LADIES) ANYA IN STUDIO & ONLINE		PURE REFORMER I/III CARLOS			
	6:30PM BTB BOUNCE (LADIES) ANYA		6:30PM DYNAMIC PILATES MAT (LADIES) MENNAT				
7:00PM	PILATES MAT FLOW LILLIAN	PURE REFORMER I/II CARLOS	OPEN LEVEL REFORMER (LADIES) DAPHNE	POWER FLOW REFORMER II/III CARLOS			
	7:00PM POWER FLOW REFORMER II/III ANGELA						
	7:30PM SOUND HEALING VIDYA			7:30PM BEGINNER YOGA CHAITHRA			
8:00PM		HATHA INTERMEDIATE MICHAEL					



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