

# MARCH SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	8:30AM OPEN LEVEL REFORMER (LADIES) AHLAM		8:45AM BTB BOUNCE (LADIES) ANYA	8:45AM CORE STRENGTH VINYASA (LADIES) CECI			
	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) NADIA IN STUDIO & ONLINE	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	8:45AM BTB JUMPSTART (LADIES) ANISSA		
	8:45AM VINYASA FLOW (LADIES) VIDYA						
9:00AM	9:30AM POWER FLOW REFORMER II/III (LADIES) AHLAM	POWER FLOW REFORMER II/III (LADIES) AHLAM		9:30AM PURE REFORMER I/II (LADIES) ANYA	PILATES TOWER (LADIES) ANYA		
	9:30AM PILATES SCULPT REFORMER (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA	9:30AM PILATES SCULPT REFORMER (LADIES) ANISSA	9:30AM REFORMER POWER HOUR (LADIES) AHLAM	YOGA SHRED (LADIES) CECI		
10:00AM	BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE	OPEN LEVEL REFORMER (LADIES) AHLAM	YIN YOGA (LADIES) ANGELA	10:15AM BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE	10:15AM BTB BARRE (LADIES) ANYA		PURE REFORMER I/II AMRA
		10:15AM BTB BARRE (LADIES) ANYA IN STUDIO & ONLINE	10:30AM PURE REFORMER I/II (LADIES) ANYA		10:15AM SOUND HEALING (LADIES) VIDYA		POWER FLOW REFORMER II/III DAPHNE
					10:30AM PURE REFORMER I/II (LADIES) LILLIAN		
					10:45AM PRENATAL YOGA (LADIES) SELENA		10:45AM KIDS YOGA (AGES 7 - 12) ABEER
11:00AM	MOVING MEDITATIONS MARY	11:30AM MUMMY & BABY YOGA JOELLE				ASHTANGA VINYASA JOELLE	POWER FLOW REFORMER II/III AMRA
	11:30AM ADULT BALLET SUSIE	11:30AM ADULT BALLET SUSIE	11:30AM ADULT BALLET SUSIE	11:30AM ADULT BALLET SUSIE			
LUNCH							12:00PM ADULT CONTEMPORARY DANCE LANA
5:00PM	PRENATAL REFORMER (LADIES) AHLAM	PILATES SCULPT REFORMER (LADIES) ANYA	PURE REFORMER I/II (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA			
6:00PM	OPEN LEVEL REFORMER (LADIES) LILLIAN	WUNDA CHAIR & SPINE CORRECTOR LILLIAN	BTB BARRE (LADIES) ANYA	BTB BARRE (LADIES) JASMIN			POWER YOGA MICHAEL
		OPEN LEVEL REFORMER (LADIES) AHLAM	OPEN LEVEL REFORMER (LADIES) DAPHNE	POWER YOGA MICHAEL			
		6:15PM BEGINNER YOGA SHAHAD		PURE REFORMER I/II CARLOS			
		6:15PM BODYTREE BODY (LADIES) ANYA IN STUDIO & ONLINE	6:30PM DYNAMIC PILATES MAT (LADIES) MENNAT	PURE REFORMER I/II (LADIES) ANYA			
				6:30PM PRENATAL YOGA (LADIES) CHAITHRA			
7:00PM	PILATES MAT FLOW LILLIAN	PURE REFORMER I/II CARLOS	OPEN LEVEL REFORMER (LADIES) DAPHNE	REFORMER BASICS (LADIES) AHLAM			
	POWER FLOW REFORMER II/III ANGELA			POWER FLOW REFORMER II/III CARLOS			
	OPEN LEVEL REFORMER AHLAM	7:30PM HATHA INTERMEDIATE MICHAEL		7:30PM BEGINNER YOGA CHAITHRA			



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