



|         | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                   | SUNDAY                                      |
|---------|---|---|--|--|--|----------------------------|---|
| 9:00AM  | BTB DANCE CARDIO (LADIES)<br>ANISSA<br>IN STUDIO & ONLINE                             | BTB ADVANCED (LADIES)<br>NADIA & ANISSA<br>IN STUDIO & ONLINE | BTB BOUNCE (LADIES)<br>ANYA                                  | BTB ADVANCED (LADIES)<br>NADIA & ANISSA<br>IN STUDIO & ONLINE          | BTB JUMPSTART (LADIES)<br>ANISSA                                 |                            |   |
|         | 9:15AM<br>VINYASA FLOW (LADIES)<br>VIDYA<br>STARTING 3RD APRIL                        | 9:15AM<br>PILATES SCULPT REFORMER (LADIES)<br>ANYA            | 9:30AM<br>PURE REFORMER I/II (LADIES)<br>DAPHNE              | 9:15AM<br>CORE STRENGTH VINYASA (LADIES)<br>CECI<br>STARTING 6TH APRIL | 9:15AM<br>PILATES TOWER (LADIES)<br>ANYA                         |                            |   |
|         | 9:30AM<br>OPEN LEVEL REFORMER (LADIES)<br>AHLAM                                       | 9:30AM<br>POWER FLOW REFORMER II/III (LADIES)<br>AHLAM        |  | 9:30AM<br>PURE REFORMER I/II (LADIES)<br>ANYA                          | 9:15AM<br>YOGA SHRED (LADIES)<br>CECI<br>STARTING 7TH APRIL      |                            |   |
|         |   |   |  | 9:30AM<br>REFORMER POWER HOUR (LADIES)<br>AHLAM                        |  |                            |   |
| 10:00AM | 10:30AM<br>BTB CONTROL (LADIES)<br>MENNAT<br>IN STUDIO & ONLINE<br>STARTING 3RD APRIL |   | 10:30AM<br>OPEN LEVEL REFORMER (LADIES)<br>DAPHNE            |  | 10:15AM<br>SOUND HEALING (LADIES)<br>VIDYA<br>STARTING 7TH APRIL |                            |   |
|         | 10:30AM<br>PILATES SCULPT REFORMER (LADIES)<br>ANYA                                   | 10:30AM<br>BTB BARRE (LADIES)<br>ANYA<br>IN STUDIO & ONLINE   | 10:30AM<br>PILATES SCULPT REFORMER (LADIES)<br>ANISSA        |  | 10:30AM<br>BTB BARRE (LADIES)<br>ANYA                            |                            | POWER FLOW REFORMER II/III<br>DAPHNE        |
|         | 10:30AM<br>POWER FLOW REFORMER II/III (LADIES)<br>AHLAM                               |   | 10:30AM<br>YIN YOGA (LADIES)<br>ANGELA                       |  | 10:30AM<br>PURE REFORMER I/II (LADIES)<br>LILLIAN                |                            |   |
|         |   |   |  |  | 10:45AM<br>PRENATAL YOGA (LADIES)<br>SELENA                      |                            | 10:45AM<br>KIDS YOGA (AGES 7 - 12)<br>ABEER |
| 11:00AM | MOVING MEDITATIONS<br>MARY  | 11:30AM<br>MUMMY & BABY YOGA<br>JOELLE                        | 11:30AM<br>PURE REFORMER I/II (LADIES)<br>ANYA               |  |  | ASHTANGA VINYASA<br>JOELLE | POWER FLOW REFORMER II/III<br>DAPHNE        |
|         | 11:30AM<br>ADULT BALLET<br>SUSIE  | 11:30AM<br>ADULT BALLET<br>SUSIE                              | 11:30AM<br>ADULT BALLET<br>SUSIE                             | 11:30AM<br>ADULT BALLET<br>SUSIE                                       |  |                            | 12:00PM<br>CONTEMPORARY DANCE<br>LANA       |
| 4:00PM  | PRENATAL REFORMER (LADIES)<br>AHLAM   | PILATES SCULPT REFORMER (LADIES)<br>ANYA                      | PURE REFORMER I/II (LADIES)<br>ANYA                          | PILATES SCULPT REFORMER (LADIES)<br>ANYA                               |  |                            |   |
| 5:00PM  | OPEN LEVEL REFORMER (LADIES)<br>LILLIAN   | WUNDA CHAIR & SPINE CORRECTOR<br>LILLIAN                      | BTB BARRE (LADIES)<br>ANYA                                   |  |  |                            | POWER YOGA<br>MICHAEL                       |
|         | OPEN LEVEL REFORMER<br>AHLAM  | OPEN LEVEL REFORMER (LADIES)<br>AHLAM                         | OPEN LEVEL REFORMER (LADIES)<br>DAPHNE                       | PURE REFORMER I/II (LADIES)<br>ANYA                                    |  |                            |   |
|         |   | BODYTREE BODY (LADIES)<br>ANYA<br>IN STUDIO & ONLINE          |  | 5:30PM<br>POWER YOGA<br>MICHAEL  |  |                            |   |
|         |   |   | DYNAMIC PILATES MAT (LADIES)<br>MENNAT<br>STARTING 5TH APRIL | 5:30PM<br>PRENATAL YOGA (LADIES)<br>CHAITHRA                           |  |                            |   |
| 6:00PM  |   | PURE REFORMER I/II<br>CARLOS                                  |  | OPEN LEVEL REFORMER<br>DAPHNE  |  |                            |   |
|         |   | 6:30PM<br>BEGINNER YOGA<br>SHAHAD                             |  | PURE REFORMER I/II<br>CARLOS   |  |                            |   |
| 7:00PM  | 7:30PM<br>PILATES MAT FLOW<br>LILLIAN   | 7:30PM<br>HATHA INTERMEDIATE<br>MICHAEL                       | 7:30PM<br>OPEN LEVEL REFORMER (LADIES)<br>DAPHNE             | POWER FLOW REFORMER II/III<br>CARLOS                                   |  |                            |   |
|         | 7:30PM<br>POWER FLOW REFORMER II/III<br>ANGELA  |   |  | 7:30PM<br>PURE REFORMER I/II (LADIES)<br>AHLAM                         |  |                            |   |
|         |   |   |  | 7:30PM<br>BEGINNER YOGA<br>CHAITHRA                                    |  |                            |   |



Classes are subject to change at last minute.  
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