

SUMMER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM		8:30AM PURE REFORMER I/II (LADIES) ANYA					
	8:45AM BODYTREE BODY (LADIES) ANYA		8:45AM BTB BOUNCE (LADIES) ANYA				
9:00AM	PURE REFORMER I/II (LADIES) DAPHNE		OPEN LEVEL REFORMER (LADIES) DAPHNE		PILATES TOWER (LADIES) ANYA		PURE REFORMER I/II DAPHNE
		9:30AM ANIMAL FLOW CARLOS		9:30AM PURE REFORMER I/II (LADIES) ANYA			
10:00AM	10:15AM CONDITIONING & STRETCH BELINDA		YIN YOGA (LADIES) ANGELA		10:15AM BTB BARRE (LADIES) ANYA		POWER FLOW REFORMER II/III DAPHNE
			10:30AM PURE REFORMER I/II (LADIES) ANYA		10:30AM PURE REFORMER I/II (LADIES) LILLIAN		
					10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM - LUNCH						HATHA VINYASA SHAHAD	11:00AM DANCE TECH FOUNDATIONS BELINDA
						ASHTANGA VINYASA MIXED SERIES JOELLE	12:00PM CONTEMPORARY BELLY DANCE BELINDA
5:00PM		PILATES SCULPT REFORMER (LADIES) ANYA	PURE REFORMER I/II (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA			
6:00PM	OPEN LEVEL REFORMER (LADIES) LILLIAN		BTB BARRE (LADIES) ANYA	PURE REFORMER I/II CARLOS			POWER YOGA MICHAEL
			OPEN LEVEL REFORMER (LADIES) DAPHNE	PURE REFORMER I/II (LADIES) ANYA			
		6:15PM BEGINNER YOGA SHAHAD		POWER FLOW YOGA MICHAEL			
7:00PM	PILATES MAT FLOW LILLIAN	PURE REFORMER I/II CARLOS		POWER FLOW REFORMER II/III CARLOS	Classes are subject to change at last minute. Always check the online schedule via mindbody or visit our website www.bodytreestudio.com		
	POWER FLOW REFORMER II/III ANGELA	MOBILITY BY DISC MAHMOUD					



bodytree
WELLNESS