


# OCTOBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	8:30AM OPEN LEVEL REFORMER (LADIES) MENNAT		8:30AM PURE REFORMER I/II (LADIES) DAPHNE	8:30AM PURE REFORMER I/II (LADIES) MICHELLE			
	8:45AM BTB DANCE CARDIO (LADIES) ANISSA	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA	8:45AM BTB BOUNCE (LADIES) ANYA	8:45AM BTB ADVANCED (LADIES) NADIA & ANISSA			
	8:45AM VINYASA FLOW (LADIES) VIDYA		8:45AM BTB CONTROL (LADIES) MENNAT				
9:00AM		PILATES SCULPT REFORMER (LADIES) ANYA		VINYASA & MEDITATION (LADIES) CECI	PILATES TOWER (LADIES) ANYA	FREE COMMUNITY YOGA	PURE REFORMER I/II DAPHNE
	9:30AM PILATES SCULPT REFORMER (LADIES) ANYA	POWER FLOW REFORMER II/III (LADIES) ANITA		9:30AM PURE REFORMER I/II (LADIES) ANYA	YOGA SHRED (LADIES) CECI		
	9:30AM POWER FLOW REFORMER II/III (LADIES) ANITA		9:30AM PILATES SCULPT REFORMER (LADIES) ANISSA	9:30AM REFORMER POWER HOUR (LADIES) ANITA			
10:00AM	BTB CONTROL (LADIES) MENNAT	OPEN LEVEL REFORMER (LADIES) ANITA	YIN YOGA (LADIES) ANGELA	ANIMAL FLOW CARLOS	10:15AM BTB BARRE (LADIES) ANYA		POWER FLOW REFORMER II/III DAPHNE
		10:15AM BTB BARRE (LADIES) ANYA	10:30AM PURE REFORMER I/II (LADIES) ANYA		10:15AM SOUND HEALING (LADIES) VIDYA		PURE REFORMER I/II AMRA
					10:30AM POSTNATAL REFORMER (LADIES) DAPHNE		10:45AM KIDS YOGA (AGES 7 - 12) ABEER
					10:30AM PURE REFORMER I/II (LADIES) LILLIAN		
					10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM - LUNCH						ASHTANGA VINYASA MIXED SERIES JOELLE	POWER FLOW REFORMER II/III AMRA
			11:30AM CONTEMPORARY DANCE LILLIAN	11:30AM ADULT BALLET MARY		HATHA VINYASA FLOW SHAHAD	
5:00PM	PRENATAL REFORMER (LADIES) ANITA	PILATES SCULPT REFORMER (LADIES) ANYA	PURE REFORMER I/II (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA			
6:00PM	HATHA FLOW ALEXANDRA	ANIMAL FLOW CARLOS	BTB BARRE (LADIES) ANYA	POWER YOGA MICHAEL			POWER FLOW REFORMER II/III ANGELA
	OPEN LEVEL REFORMER MICHELLE	PILATES SCULPT REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) DAPHNE	PURE REFORMER I/II (LADIES) ANYA			
	PURE REFORMER I/II (LADIES) LILLIAN	PURE REFORMER I/II LILLIAN	6:30PM DYNAMIC PILATES MAT (LADIES) MENNAT	PURE REFORMER I/II CARLOS			
		6:15PM BEGINNER YOGA SHAHAD		6:30PM PRENATAL YOGA (LADIES) CHAITHRA			
7:00PM	PILATES MAT FLOW LILLIAN	PRENATAL YOGA (LADIES) CHAITHRA	OPEN LEVEL TEEN/ADULT CONTEMPORARY MARY	OPEN LEVEL REFORMER I/II (LADIES) MICHELLE			
	POWER FLOW REFORMER II/III ANGELA	PURE REFORMER I/II CARLOS		POWER FLOW REFORMER II/III CARLOS			
	POWER FLOW REFORMER II/III (LADIES) DAPHNE	7:15PM OPEN LEVEL TEEN/ADULT BALLET MARY		7:30PM BEGINNER YOGA CHAITHRA			
		7:30PM HATHA INTERMEDIATE MICHAEL		7:30PM OHSO GOURISHANKAR MEDITATION LINA			

Classes are subject to change at last minute.  
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