




NOVEMBER 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 BTB JUMPSTART (LADIES) MOUNA		
	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	OPEN LEVEL REFORMER DIDIER	
	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		HATHA YOGA DIDIER
					10:30AM PURE REFORMER I/II (LADIES) LILLIAN		10:45AM KIDS YOGA (AGES 7 - 12) ABEER
					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 INTERMEDIATE/ADVANCED 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 YOGA MICHAEL
	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	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 CHAITHRA	PRENATAL REFORMER (LADIES) MENNAT	OPEN LEVEL REFORMER I/II (LADIES) MICHELLE			
	POWER FLOW REFORMER II/III ANGELA	PURE REFORMER I/II CARLOS		POWER FLOW REFORMER II/III CARLOS			
	PURE REFORMER I/II (LADIES) DAPHNE	7:15PM OPEN LEVEL TEEN/ADULT BALLET MARY		7:30PM BEGINNER YOGA CHAITHRA			
			7:30PM HATHA INTERMEDIATE MICHAEL				
<div>Classes are subject to change at last minute. Always check the online schedule via mindbody or visit our website www.bodytreestudio.com</div>							