




JANUARY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	8:30AM OPEN LEVEL REFORMER (LADIES) MENNAT		8:30AM OPEN LEVEL REFORMER (LADIES) DAPHNE	8:30AM OPEN LEVEL REFORMER (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	9:30AM ATHLETIC REFORMER (LADIES) ANYA	ATHLETIC REFORMER (LADIES) ANYA	9:30AM ATHLETIC REFORMER (LADIES) ANISSA	VINYASA & MEDITATION (LADIES) CECI	TOWER REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER DIDIER	FOUNDATION REFORMER DAPHNE
	9:30AM ATHLETIC (LADIES) ANITA	ATHLETIC REFORMER (LADIES) ANITA		9:30AM ATHLETIC REFORMER (LADIES) ANITA	YOGA SHRED (LADIES) CECI		
				9:30AM OPEN LEVEL REFORMER (LADIES) ANYA			
10:00AM	BTB CONTROL (LADIES) MENNAT	OPEN LEVEL REFORMER (LADIES) ANITA	YIN YOGA (LADIES) ANGELA	ANIMAL FLOW CARLOS	10:15AM BTB BARRE (LADIES) ANYA		OPEN LEVEL REFORMER DAPHNE
		BTB MAT (LADIES) MENNAT	10:30AM OPEN LEVEL REFORMER (LADIES) ANYA		10:15AM SOUND HEALING (LADIES) VIDYA		OPEN LEVEL REFORMER DIDIER
		10:15AM BTB BARRE (LADIES) ANYA			10:30AM OPEN LEVEL REFORMER (LADIES) LILLIAN		10:45AM KIDS YOGA (AGES 7 - 12) ABEER
11:00AM - LUNCH		12:00PM ADULT BALLET ADVANCED SUZIE	11:30AM CONTEMPORARY DANCE LILLIAN	12:00PM ADULT BALLET ADVANCED SUZIE	11:20AM PRENATAL YOGA (LADIES) VIDYA	HATHA VINYASA FLOW SHAHAD	ATHLETIC REFORMER AMRA
5:00PM	PRENATAL REFORMER (LADIES) ANITA	ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) ANYA	ATHLETIC REFORMER (LADIES) ANYA			
6:00PM	HATHA FLOW ALEXANDRA	ANIMAL FLOW CARLOS	BTB BARRE (LADIES) ANYA	POWER YOGA DIDIER			POWER YOGA MICHAEL
	OPEN LEVEL REFORMER (LADIES) MICHELLE	ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) DAPHNE	OPEN LEVEL REFORMER (LADIES) ANYA			
	OPENL LEVEL REFORMER (LADIES) LILLIAN	OPEN LEVEL REFORMER LILLIAN		OPEN LEVEL REFORMER CARLOS			
		6:15PM BEGINNER YOGA SHAHAD		6:30PM BEGINNER YOGA CHAITHRA			
7:00PM	PILATES MAT FLOW LILLIAN	PRENATAL YOGA (LADIES) CHAITHRA	POWER YOGA DIDIER	OPEN LEVEL REFORMER I/II (LADIES) MICHELLE			
	ATHLETIC REFORMER ANGELA	OPEN LEVEL REFORMER CARLOS		ATHLETIC REFORMER CARLOS			
	OPEN LEVEL REFORMER (LADIES) DAPHNE	7:30PM OPEN LEVEL TEEN/ADULT BALLET MARY					
		7:30PM HATHA INTERMEDIATE MICHAEL					

Classes are subject to change at last minute.
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