

# APRIL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	8:30AM OPEN LEVEL REFORMER (LADIES) MENNAT	8:50AM BTB ADVANCED (LADIES) NADIA/ANISSA	8:30AM OPEN LEVEL REFORMER (LADIES) SUZI	8:30AM OPEN LEVEL REFORMER (LADIES) MICHELLE W			
	8:45AM BTB DANCE CARDIO (LADIES) ANISSA		8:45AM BTB BOUNCE (LADIES) ANYA	8:50AM 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) ANITA	9:30AM ATHLETIC REFORMER (LADIES) ANISSA	VINYASA AND MEDITATION (LADIES) CECILIA	TOWER REFORMER (LADIES) ANYA		OPEN LEVEL REFORMER DAPHNE
	9:30AM ATHLETIC REFORMER (LADIES) ANITA	ATHLETIC REFORMER (LADIES) ANYA		9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	YOGA SHRED (LADIES) CECILIA		
10:00AM	BTB CONTROL (LADIES) MENNAT	BTB MAT (LADIES) MENNAT	YIN YOGA (LADIES) ANGELA	ANIMAL FLOW CARLOS	10:15AM BTB BARRE (LADIES) ANYA		FOUNDATION REFORMER SUZI
		OPEN LEVEL REFORMER (LADIES) ANITA	10:30AM OPEN LEVEL REFORMER (LADIES) ANYA		10:30AM OPEN LEVEL REFORMER (LADIES) LILLIAN		OPEN LEVEL REFORMER DAPHNE
		10:15AM BTB BARRE (LADIES) ANYA			10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM/LUNCH		12:00PM ADULT BALLET INTERMEDIATE/ADVANCED (LADIES) SUSIE	12:00PM CONTEMPORARY DANCE LILLIAN	12:00PM ADULT BALLET INTERMEDIATE/ADVANCED (LADIES) SUSIE		HATHA VINYASA SHAHAD	
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	OPEN LEVEL REFORMER (LADIES) ANYA			POWER YOGA MICHAEL
	OPEN LEVEL REFORMER (LADIES) LILLIAN	ATHLETIC REFORMER (LADIES) ANYA	FOUNDATION REFORMER SUZI	OPEN LEVEL REFORMER CARLOS			
		OPEN LEVEL REFORMER SUZI	OPEN LEVEL REFORMER (LADIES) DAPHNE	POWER FLOW MICHAEL			
		PRENATAL YOGA (LADIES ONLY) CHAITHRA		6:30PM BEGINNER YOGA CHAITHRA			
		6:15PM BEGINNER YOGA SHAHAD					
7:00PM	ATHLETIC REFORMER ANGELA	OPEN LEVEL REFORMER CARLOS	ATHLETIC REFORMER (LADIES) ANGELA	ATHLETIC REFORMER (LADIES) SUZI			
	OPEN LEVEL REFORMER (LADIES) DAPHNE	7:30PM HATHA INTERMEDIATE MICHAEL		ATHLETIC REFORMER CARLOS			
	PILATES MAT FLOW LILLIAN	7:30PM OPEN LEVEL TEEN/ADULT BALLET MARY					



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WELLNESS

CLASSES ARE SUBJECT TO CHANGE AT LAST MINUTE  
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