

NOVEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---|--|--|--|--|---|-------------------------------|
| 8:00AM | ANIMAL FLOW CARLOS | | | | | | |
| | 8:30AM OPEN LEVEL REFORMER (LADIES) MENNAT | 8:50AM BTB ADVANCED (LADIES) NADIA/ANISSA | 8:30AM OPEN LEVEL REFORMER (LADIES) SUZI C | 8:50AM BTB ADVANCED (LADIES) NADIA/ANISSA | 8:30AM OPEN LEVEL REFORMER (LADIES) STINE | | |
| | 8:45AM BTB DANCE CARDIO (LADIES) ANISSA | | 8:45AM BTB BOUNCE (LADIES) ANYA | | | | |
| | 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 AND MEDITATION (LADIES) CECILIA | TOWER REFORMER (LADIES) ANYA | 9:15AM ADULT BALLET INTERMEDIATE/ADVANCED LUCAS | OPEN LEVEL REFORMER DAPHNE |
| | 9:30AM ATHLETIC REFORMER (LADIES) ANITA | ATHLETIC REFORMER (LADIES) ANITA | | 9:30AM OPEN LEVEL REFORMER (LADIES) ANYA | YOGA SHRED (LADIES) CECILIA | | OPEN LEVEL REFORMER SUZI C |
| | | | | 9:30AM ATHLETIC REFORMER (LADIES) ANITA | | | |
| 10:00AM | BTB CONTROL (LADIES) MENNAT | BTB MAT (LADIES) MENNAT | YIN YOGA (LADIES) ANGELA | | 10:15AM BTB BARRE (LADIES) ANYA | | FOUNDATION REFORMER SUZI C |
| | | OPEN LEVEL REFORMER (LADIES) ANITA | 10:30AM OPEN LEVEL REFORMER (LADIES) ANYA | | 10:15AM FASCIA FLOSS (LADIES) VIDYA | | OPEN LEVEL REFORMER DAPHNE |
| | | 10:15AM BTB BARRE (LADIES) ANYA | 10:30AM FOUNDATION REFORMER (LADIES) SUZI C | | 10:30AM OPEN LEVEL REFORMER (LADIES) LILLIAN | | |
| | | | | | 10:45AM PRENATAL YOGA (LADIES) SELENA | | |
| 11:00AM/LUNCH | | 12:00PM ADULT BALLET INTERMEDIATE/ADVANCED LUCAS | 12:00PM CONTEMPORARY DANCE LILLIAN | | | 11:00AM HATHA VINYASA SHAHAD | ATHLETIC REFORMER SUZI C |
| 4:00PM | | PRENATAL REFORMER (LADIES) SUZI C | | | 4:30PM ASHTANGA VINYASA MIXED SERIES JOELLE | | |
| 5:00PM | PRENATAL REFORMER (LADIES) ANITA | ATHLETIC REFORMER (LADIES) ANYA | OPEN LEVEL REFORMER (LADIES) ANYA | ATHLETIC REFORMER (LADIES) ANYA | YOGALATES (LADIES) ODETTE | | |
| | | | 5:30PM YOGALATES (LADIES) ODETTE | FOUNDATION REFORMER (LADIES) SUZI C | | | |
| 6:00PM | OPEN LEVEL REFORMER (LADIES) LILLIAN | ANIMAL FLOW CARLOS | BTB BARRE (LADIES) ANYA | OPEN LEVEL REFORMER (LADIES) ANYA | | | POWER YOGA MICHAEL |
| | 6:30PM HATHA FLOW ALEXANDRA | ATHLETIC REFORMER (LADIES) ANYA | FOUNDATION REFORMER SUZI C | OPEN LEVEL REFORMER CARLOS | | | |
| | | OPEN LEVEL REFORMER SUZI C | 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 C |  <p>CLASSES ARE SUBJECT TO CHANGE AT LAST MINUTE ALWAYS CHECK THE ONLINE SCHEDULE VIA MINDBODY OR VISIT OUR WEBSITE WWW.BODYTREESTUDIO.COM</p> | | |
| | OPEN LEVEL REFORMER (LADIES) DAPHNE | FOUNDATION REFORMER SUZI C | OPEN LEVEL REFORMER (LADIES) SUZI C | ATHLETIC REFORMER CARLOS | | | |
| | PILATES MAT FLOW LILLIAN | 7:15PM HATHA INTERMEDIATE MICHAEL | | | | | |
| | | 7:15PM ADULT BALLET INTERMEDIATE LILLIAN | | | | | |