



MAY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM & 8:00AM	8:30AM HATHA FLOW YOGA (LADIES) RIA	8:50AM BODYTREE BODY (LADIES) NADIA/ANISSA	7:30AM OPEN LEVEL REFORMER (LADIES) SUZI C	8:50AM BODYTREE BODY (LADIES) NADIA/ANISSA	8:15AM BTB CONTROL (LADIES) SHIREEN		
	8:30AM OPEN LEVEL REFORMER (LADIES) MENNAT		8:30AM OPEN LEVEL REFORMER (LADIES) SUZI C		8:30AM OPEN LEVEL REFORMER (LADIES) STINE		
	8:45AM BTB DANCE CARDIO (LADIES) ANISSA		8:45AM BTB CONTROL+ (LADIES) MENNAT				
	8:45AM KRAMA YOGA (LADIES) VIDYA		8:45AM SPIRAL VINYASA (LADIES) VIDYA				
9:00AM	9:30AM ATHLETIC REFORMER (LADIES) ANYA	ATHLETIC REFORMER (LADIES) ANYA	9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	YIN/YANG VINYASA & MEDITATION (LADIES) CECILIA	TOWER REFORMER (LADIES) ANYA	9:30AM HATHA FLOW NADINE	OPEN LEVEL REFORMER DAPHNE
	9:30AM ATHLETIC REFORMER (LADIES) ANGELA	ATHLETIC REFORMER (LADIES) STINE	9:30AM ATHLETIC REFORMER (LADIES) SUZI C	9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	POSTNATAL YOGA (LADIES) JUSTNYA		OPEN LEVEL REFORMER SUZI C
				9:45AM ATHLETIC REFORMER (LADIES) STINE	9:30AM ATHLETIC MAT PILATES (LADIES) STINE		
10:00AM	BTB CONTROL+ (LADIES) MENNAT	BTB MAT (LADIES) MENNAT	YIN YOGA (LADIES) ANGELA	10:30AM RESTORE & RENEW (LADIES) SUZI C	10:15AM BTB BARRE (LADIES) ANYA		FOUNDATION REFORMER SUZI C
		OPEN LEVEL REFORMER (LADIES) ANITA	10:30AM FOUNDATION REFORMER (LADIES) SUZI C		10:30AM OPEN LEVEL REFORMER (LADIES) LILLIAN		OPEN LEVEL REFORMER DAPHNE
		RADIANT FLOW (LADIES) CECILIA			10:45AM PRENATAL YOGA (LADIES) SELENA		
		10:15AM BTB BARRE (LADIES) ANYA					
11:00AM						HATHA VINYASA FLOW SHAHAD	ATHLETIC REFORMER SUZI C
						ADULT BALLET INTERMEDIATE/ADVANCED LUCAS	
12:00PM		ADULT BALLET INTERMEDIATE/ADVANCED LUCAS	CONTEMPORARY DANCE LILLIAN				
4:00PM		PRENATAL REFORMER (LADIES) SUZI C			4:30PM ASHTANGA VINYASA MIXED SERIES JOELLE		
					4:30PM PRENATAL REFORMER (LADIES) SUZI C		
5:00PM	PRENATAL REFORMER (LADIES) ANITA	ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) ANYA	FOUNDATION REFORMER (LADIES) SUZI C			
				ATHLETIC REFORMER (LADIES) ANYA			
6:00PM	BTB CONTROL (LADIES) SHIREEN	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 C	OPEN LEVEL REFORMER CARLOS			
	6:30PM HATHA FLOW ALEXANDRA	OPEN LEVEL REFORMER SUZI C	OPEN LEVEL REFORMER (LADIES) DAPHNE	POWER YOGA MICHAEL			
		PRENATAL YOGA (LADIES) CHAITHRA	6:30PM HATHA FLOW (LADIES) NADINE	6:30PM BEGINNER YOGA CHAITHRA			
		6:15PM YOGA FOUNDATIONS SHAHAD					
7:00PM	ATHLETIC REFORMER ANGELA	FOUNDATION REFORMER SUZI C	ATHLETIC REFORMER (LADIES) ANGELA	ATHLETIC REFORMER (LADIES) SUZI C			
	OPEN LEVEL REFORMER (LADIES) DAPHNE	OPEN LEVEL REFORMER CARLOS	OPEN LEVEL REFORMER (LADIES) STINE	ATHLETIC REFORMER CARLOS			
	PILATES MAT FLOW LILLIAN	7:15PM ADULT BALLET INTERMEDIATE/ADVANCED LILLIAN					
		7:15PM HATHA INTERMEDIATE MICHAEL					



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WELLNESS

CLASSES ARE SUBJECT TO CHANGE AT LAST MINUTE

ALWAYS CHECK THE ONLINE SCHEDULE VIA MINDBODY

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