

SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM & 8:00AM	8:30AM HATHA FLOW YOGA (LADIES) RIA	08:50 AM 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		8:15AM OPEN LEVEL REFORMER (LADIES) STINE		
	8:45AM BTB DANCE CARDIO (LADIES) ANISSA		08:45AM BTB CONTROL+ (LADIES) MENNAT				
	8:45AM KRAMA YOGA (LADIES) VIDYA						
9:00AM	9:30AM ATHLETIC REFORMER (LADIES) ANYA	ATHLETIC REFORMER (LADIES) ANYA	9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	YIN/YANG VINYASA AND MEDITATION (LADIES) CECILIA	POSTNATAL YOGA (LADIES) JUSTYNA	9:30AM HATHA FLOW NADINE	OPEN LEVEL REFORMER SUZI C
		ATHLETIC REFORMER (LADIES) STINE		9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	TOWER REFORMER (LADIES) ANYA		OPEN LEVEL REFORMER DAPHNE
				09:45AM ATHLETIC REFORMER (LADIES) STINE	9:15AM ATHLETIC MAT PILATES (LADIES) STINE		
10:00AM	BTB CONTROL+ (LADIES) MENNAT	OPEN LEVEL REFORMER (LADIES) ANITA	YIN YOGA (LADIES) ANGELA	10:30AM RESTORE & RENEW (LADIES) SUZI C	10:15AM BTB BARRE (LADIES) ANYA		FOUNDATION REFORMER SUZI C
		BTB MAT (LADIES) MENNAT	10:30AM FOUNDATION REFORMER (LADIES) LILLIAN		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
						TAI CHI CHRISTINE	
12:00PM			CONTEMPORARY DANCE LILLIAN				ANIMAL FLOW SUZI C
4:00PM		PRENATAL REFORMER (LADIES) SUZI C			4:30PM PRENATAL REFORMER (LADIES) SUZI C		
5:00PM	PRENATAL REFORMER (LADIES) ANITA	ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) ANYA	ATHLETIC REFORMER (LADIES) ANYA	ASHTANGA VINYASA MIXED SERIES JOELLE		
				FOUNDATION REFORMER (LADIES) SUZI C			
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		OPEN LEVEL REFORMER CARLOS			
	6:30PM POWER YOGA DIDIER (BEGINNING SEPT 22ND)	OPEN LEVEL REFORMER (LADIES) SUZI C	FOUNDATION REFORMER SUZI C	POWER YOGA MICHAEL			
		PRENATAL YOGA (LADIES) CHAITHRA	OPEN LEVEL REFORMER (LADIES) DAPHNE	6:30PM BEGINNER YOGA CHAITHRA			
		6:15PM YOGA FOUNDATIONS SHAHAD	6:30PM HATHA FLOW YOGA NADINE				
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		ATHLETIC REFORMER CARLOS			
	PILATES MAT FLOW LILLIAN	PRANAYAMA + YOGA NIDRA CHAITHRA					
		7:15PM ADULT BALLET INTERMEDIATE/ADVANCED LILLIAN					
		7:15PM HATHA INTERMEDIATE MICHEAL					



bodytree
WELLNESS

**CLASSES ARE SUBJECT TO
CHANGE AT THE LAST MINUTE
ALWAYS CHECK THE SCHEDULE
VIA THE BODYTREE STUDIO APP**