

NOVEMBER

MORNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	7:30AM OPEN LEVEL REFORMER (LADIES) SHAIMAA		7:30AM OPEN LEVEL REFORMER (LADIES) SUZI C	7:30AM OPEN LEVEL REFORMER (LADIES) SHAIMAA			
8:00AM	8:00AM BODYTREE BODY (LADIES) ANISSA	8:30AM HATHA FLOW YOGA (LADIES) RIA	8:30AM OPEN LEVEL REFORMER (LADIES) SUZI C		8:00AM CORE STRENGTH VINYASA (LADIES) JUSTYNA		
	8:30AM OPEN LEVEL REFORMER (LADIES) MENNAT	08:50 AM BODYTREE BODY (LADIES) NADIA/ANISSA	08:45AM BTB CONTROL+ (LADIES) MENNAT	8:50AM BODYTREE BODY (LADIES) NADIA/ANISSA	8:15AM OPEN LEVEL REFORMER (LADIES) SHAIMAA		
	8:45AM KRAMA YOGA (LADIES) VIDYA				8:30AM BTB CONTROL (LADIES) SHIREEN		
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	TOWER REFORMER (LADIES) ANYA	MIXED EQUIPMENT REFORMER PANAGIOTA	OPEN LEVEL REFORMER SUZI C
	9:30AM BEGINNER REFORMER (LADIES) SHAIMAA	ATHLETIC REFORMER (LADIES) STINE		9:30AM OPEN LEVEL REFORMER (LADIES) ANYA	9:15AM ATHLETIC MAT PILATES (LADIES) SHAIMAA	9:30AM HATHA FLOW NADINE	OPEN LEVEL REFORMER DAPHNE
		9:30AM VINYASA FLOW (LADIES) CECILIA		09:45AM ATHLETIC REFORMER (LADIES) STINE			
10:00AM	BTB CONTROL+ (LADIES) MENNAT	OPEN LEVEL REFORMER (LADIES) ANITA	YIN YOGA (LADIES) VIDYA	10:30AM RESTORE & RENEW (LADIES) SUZI C	10:15AM BTB BARRE (LADIES) ANYA	FOUNDATION REFORMER PANAGIOTA	FOUNDATION REFORMER SUZI C
		10:15AM BTB BARRE (LADIES) ANYA	10:30AM FOUNDATION REFORMER (LADIES) LILLIAN		10:30AM OPEN LEVEL REFORMER (LADIES) LILLIAN	OPEN LEVEL REFORMER SHAIMAA	OPEN LEVEL REFORMER DAPHNE
		10:30AM ANIMAL FLOW CARLOS			10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM						TAI CHI CHRISTINE	ATHLETIC REFORMER SUZI C
						BEGINNER REFORMER SHAIMAA	
						PRENATAL REFORMER (LADIES) PANAGIOTA	
						POWER YOGA DIDIER	
12:00PM						ADULT BALLET INTERMEDIATE/ADVANC ED SUSIE NASH	ANIMAL FLOW SUZI C
						BEGINNER REFORMER (LADIES) PANAGIOTA	BEGINNER REFORMER LILLIAN
						FOUNDATION REFORMER (LADIES) SHAIMAA	

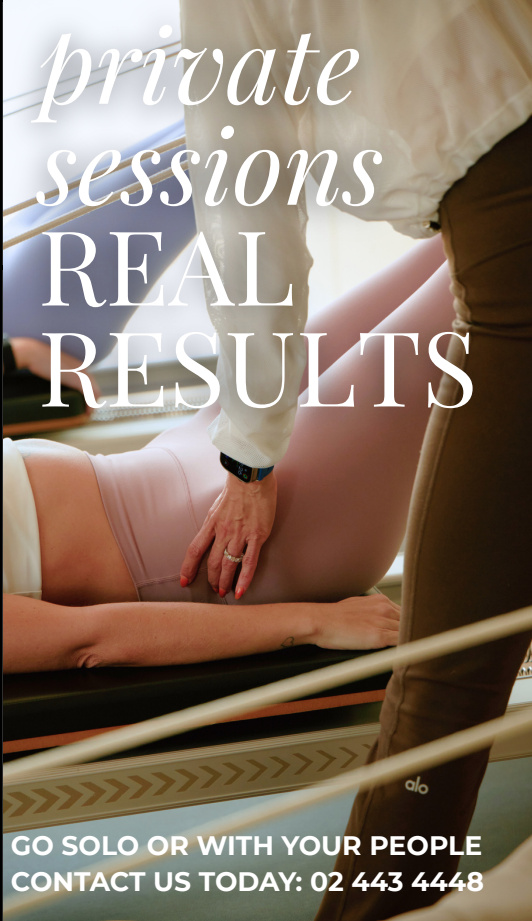


bodytree
WELLNESS

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

NOVEMBER

EVENING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00PM		PRENATAL REFORMER (LADIES) PANAGIOTA			PRENATAL REFORMER (LADIES) PANAGIOTA		
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	FOUNDATION REFORMER PANAGIOTA		POWER YOGA MICHAEL
	OPEN LEVEL REFORMER (LADIES) LILLIAN	ATHLETIC REFORMER (LADIES) ANYA	OPEN LEVEL REFORMER (LADIES) DAPHNE	OPEN LEVEL REFORMER CARLOS			
	POWER YOGA DIDIER	OPEN LEVEL REFORMER (LADIES) SUZI C	FOUNDATION REFORMER PANAGIOTA	POWER YOGA DIDIER			
		PRENATAL YOGA (LADIES) CHAITHRA	6:30PM HATHA FLOW YOGA (LADIES) NADINE	BEGINNER YOGA CHAITHRA	 private sessions REAL RESULTS		
		6:15PM YOGA FOUNDATIONS DIDIER					
7:00PM	ATHLETIC REFORMER PANAGIOTA	FOUNDATION REFORMER SUZI C	ATHLETIC REFORMER (LADIES) PANAGIOTA	FOUNDATION REFORMER (LADIES) PANAGIOTA			
	OPEN LEVEL REFORMER (LADIES) DAPHNE	OPEN LEVEL REFORMER CARLOS	ATHLETIC REFORMER DIDIER	ATHLETIC REFORMER CARLOS			
	PILATES MAT FLOW LILLIAN	7:15PM ADULT BALLET INTERMEDIATE/ADVANCED LILLIAN		ANIMAL FLOW SUZI C			
	7:15PM POWER VINYASA SAHAR	7:15PM HATHA INTERMEDIATE MICHEAL	7:15PM POWER VINYASA SAHAR				
8:00PM	8:00PM FOUNDATION REFORMER PANAGIOTA	8:00PM FOUNDATION REFORMER PANAGIOTA	8:00PM BEGINNER REFORMER PANAGIOTA	8:00PM BEGINNER REFORMER PANAGIOTA	GO SOLO OR WITH YOUR PEOPLE CONTACT US TODAY: 02 443 4448		