

OCTOBER

	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 C	8:50AM BTB ADVANCED (LADIES) NADIA/ANISSA			
	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			
	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					
		7:30PM ADULT BALLET INTERMEDIATE LILLIAN					
8:00PM			FOUNDATION REFORMER SUZI C				



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WELLNESS

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