

RAMADAN SCHEDULE

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



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WELLNESS

CLASSES ARE SUBJECT TO CHANGE AT LAST MINUTE

ALWAYS CHECK THE ONLINE SCHEDULE VIA MINDBODY

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