

Bodyism Class Schedule

BODYISM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 - 08:30 B-Free Yoga	07:00 - 08:00 Blueprint Advanced	07:30 - 08:30 Bodyism Pilates	07:00 - 08:30 Bodyism Boxing	07:30 - 08:30 B-Free Yoga		
09:30 - 10:30 Bodyism Boxing	09:30 - 10:30 Bodyism Blueprint	09:30 - 10:30 Bodyism Pilates	09:30 - 10:30 B-Strong Yoga*	08:45 - 09:45 Bodyism Boxing	09:30 - 10:30 Bodyism Blueprint	10:00 - 11:00 Bodyism Blueprint
10:45 - 11:45 B-Free Yoga	10:45 - 11:45 Bodyism Pilates	10:45 - 11:45 Bodyism Boxing	10:45 - 11:45 Bodyism Blueprint	10:00 - 11:00 Bodyism Blueprint	10:45 - 11:45 Bodyism Box & Tone	11:15 - 12:15 Bodyism Boxing
12:00 - 13:00 Bodyism Pilates	12:00 - 13:00 B-Strong Yoga*	12:00 - 13:00 Bodyism Ballet	12:00 - 13:00 Bodyism Pilates	11:15 - 12:15 Bodyism Pilates	12:00 - 13:00 Bodyism Boxing	12:30 - 13:30 Blueprint Advanced
			13:00 - 14:00 Bodyism Dance Club	12:30 - 13:30 Bodyism Ballet	13:15 - 14:15 B-Free Yoga	16:00 - 17:00 B-Calm Yoga
19:00 - 20:00 Bodyism Blueprint	19:00 - 20:00 Bodyism Boxing	19:00 - 20:00 B-Free Yoga	19:00 - 20:00 Bodyism Box & Tone			