

BODYISM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	B-FREE YOGA 7.30 - 8.30 — BODYISM BLUEPRINT 8.45 - 9.45 — BODYISM BOXING 10.00 - 11.00 — B-FREE YOGA 11.15 - 12.15	BLUEPRINT ADVANCED 7.00 - 8.00 — B-STRONG YOGA* 8.45 - 9.45 — BODYISM BLUEPRINT 10.00 - 11.00 — BODYISM PILATES 11.15 - 12.15	BODYISM PILATES 7.30 - 8.30 — BODYISM BLUEPRINT 8.45 - 9.45 — BODYISM PILATES 10.00 - 11.00 — BODYISM BOX + TONE 11.15 - 12.15	BODYISM BOXING 7.00 - 8.00 — BODYISM PILATES 8.45 - 9.45 — B-STRONG YOGA* 10.00 - 11.00 — BODYISM BLUEPRINT 11.15 - 12.15	B-FREE YOGA 7.30 - 8.30 — BODYISM BOXING 8.45 - 9.45 — BODYISM BLUEPRINT 10.00 - 11.00 — BODYISM PILATES 11.15 - 12.15	BODYISM BLUEPRINT 9.30 - 10.30 — BODYISM BOX + TONE 10.45 - 11.45	BODYISM BLUEPRINT 10.00 - 11.00 — BODYISM BOXING 11.15 - 12.15	
	AFTERNOON	KIDS YOGA (AGES 3-4) 16.00 - 16.45	BODYISM BOX + TONE 13.45 - 14.45 — TWEEN YOGA (AGES 11-14) 17.30 - 18.30	BODYISM BALLET 12.30 - 13.30	KIDS YOGA (AGES 3-4) 16.00 - 16.45	BODYISM BALLET 12.30 - 13.30	BODYISM PILATES 12.00 - 13.00 — B-FREE YOGA 13.15 - 14.15	B-CALM YOGA 16.00 - 17.00
		BODYISM PILATES 19.00 - 20.00 — BODYISM MEDITATION 19.30 - 20.30	BODYISM BOXING 19.00 - 20.00	B-FREE YOGA 19.00 - 20.00	BODYISM BOX + TONE 19.00 - 20.00			
	EVENING							