

BODYISM

222-224 WESTBOURNE GROVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	B-FREE YOGA 7.30 - 8.30 — BODYISM BLUEPRINT 9.00 - 10.00 — BODYISM BOXING 10.15 - 11.15 — B-STRONG YOGA* 11.30 - 12.30	BLUEPRINT ADVANCED 7.00 - 8.00 — BODYISM BOXING 8.15 - 9.15 — BODYISM BLUEPRINT 9.30 - 10.30 — BODYISM PILATES 11.00 - 12.00	BODYISM PILATES 7.30 - 8.30 — B-FREE YOGA 9.00 - 10.00 — BODYISM PILATES 10.15 - 11.15	BODYISM BOXING 7.00 - 8.00 — BODYISM PILATES 8.15 - 9.15 — B-STRONG YOGA* 9.30 - 10.30 — BODYISM BLUEPRINT 11.00 - 12.00	B-FREE YOGA 7.30 - 8.30 — BODYISM BOXING 9.00 - 10.00 — BODYISM BLUEPRINT 10.15 - 11.15 — BODYISM PILATES 11.30 - 12.30	BODYISM BLUEPRINT 8.15 - 9.15 — BODYISM BOXING 9.30 - 10.30 — BLUEPRINT ADVANCED 10.45 - 11.45	BODYISM BLUEPRINT 10.00 - 11.00 — BODYISM BOXING 11.15 - 12.15	
	AFTERNOON			BODYISM BOXING 12.30 - 13.30		BODYISM PILATES 12.00 - 13.00 — B-FREE YOGA 13.15 - 14.15	B-CALM YOGA 16.00 - 17.00	
	EVENING	BODYISM PILATES 19.00 - 20.00	BODYISM BOXING 18.30 - 19.30 — BODYISM MEDITATION 19.45 - 20.30	B-FREE YOGA 19.00 - 20.00	BLUEPRINT ADVANCED 18.30 - 19.30 — BODYISM BALLET 19.30 - 20.30			