

# BODYISM

## CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	BODYISM PILATES 7.15 - 8.15 — BODYISM BLUEPRINT 9.00 - 10.00 — BODYISM SCULPT 10.15 - 11.15 — BODYISM YOGA 11.30 - 12.30	BODYISM KICKBOXING 7.15 - 8.15 — BODYISM YOGA 9.30 - 10.30 — BODYISM PILATES 11.00 - 12.00	BODYISM BLUEPRINT 7.00 - 8.00 — BODYISM YOGA 9.00 - 10.00 — BODYISM PILATES 10.15 - 11.15	BODYISM WARRIOR CIRCUITS 7.30 - 8.30 — BODYISM SCULPT 9.30 - 10.30 — BODYISM YOGA 10.45 - 11.45	BODYISM YOGA SCULPT 7.30 - 8.30 — BODYISM BOXING 9.00 - 10.00 — BODYISM BARRE 10.15 - 11.15 — BODYISM PILATES 11.30 - 12.30	BODYISM BARRE 9.00 - 10.00 — BODYISM BLUEPRINT ADV 10.15 - 11.15 — BODYISM PILATES 11.30 - 12.30	BODYISM BLUEPRINT 9.00 - 10.00 — BODYISM YOGA 10.15 - 11.15 — BODYISM DANCE & SCULPT 11.30 - 12.30	
		BODYISM WARRIOR CIRCUITS 12.30 - 13.15	BODYISM BARRE 12.00 - 12.45	BODYISM BLUEPRINT 13.00 - 13.45		BODYISM BOXING 13.00 - 14.00	B-CALM YOGA 16.00 - 17.00	
	EVENING	BODYISM PILATES 19.00 - 20.00	BODYISM BLUEPRINT ADV 18.00 - 18.45 — BODYISM YOGA 19.00 - 20.00	BODYISM YOGA 18.30 - 19.30	BODYISM BOXING 18.45 - 19.45			