

# BODYISM

222-224 WESTBOURNE GROVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAYTIME	BODYISM EXPRESS SCULPT 7.30 - 8.15 —	BODYISM BARRE 7.15 - 8.00 —	BODYISM SIGNATURE 7.00 - 8.00 —	BODYISM WARRIOR CIRCUITS 7.15 - 8.00 —	BODYISM POWER YOGA 7.30 - 8.30 —	BODYISM KICKBOXING 9.00 - 10.00 —	BODYISM SIGNATURE 9.00 - 10.00 —
	BODYISM SIGNATURE 9.00 - 10.00 —	BODYISM YOGA 9.30 - 10.30 —	BODYISM YOGA 9.00 - 10.00 —	BODYISM SCULPT 9.30 - 10.30 —	BODYISM BOXING 9.00 - 10.00 —	SIGNATURE ADVANCED 10.15 - 11.15 —	BODYISM YOGA 10.15 - 11.15 —
	BODYISM SCULPT 10.15 - 11.15 —	BODYISM PILATES 11.00 - 12.00 —	BODYISM PILATES 10.15 - 11.15 —	BODYISM YOGA 10.45 - 11.45 —	BODYISM BARRE 10.15 - 11.15 —	BODYISM PILATES 11.30 - 12.30 —	BODYISM DANCE 11.30 - 12.30 —
	BODYISM YOGA 11.30 - 12.30 —	BODYISM WARRIOR CIRCUITS 12.30 - 13.15 —	BODYISM BARRE 12.00 - 12.45 —	BODYISM SIGNATURE 12.30 - 13.15 —	BODYISM PILATES 11.30 - 12.30 —	BODYISM YOGA 12.45 - 13.45 —	
	BODYISM PILATES 18.00 - 18.45 —	SIGNATURE ADVANCED 18.00 - 18.45 —	BODYISM YOGA 18.30 - 19.30 —	BODYISM PILATES 18.30 - 19.30 —			B-CALM YOGA 16.00 - 17.00 —
	BODYISM WARRIOR CIRCUITS 19.00 - 20.00 —	B-CALM YOGA 19.00 - 20.00 —	BODYISM DANCE 19.30 - 20.15 —				
EVENING							

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CLASS SCHEDULE