



CLASS SCHEDULE

www.bodybydesignstudio.net

MONDAY

5:30 A.M. PILOXING WITH JEN
9:00 A.M. CHISEL WITH JEN
5:15 P.M. INSANITY WITH JILL*
6:00 P.M. 20/20/20 WITH BRIT
7:15 P.M. PIYO WITH KARA**

TUESDAY

5:30 A.M. CHISEL WITH JEN
5:15 P.M. ZUMBA WITH BRIT*
6:15 P.M. CHISEL WITH JEN
7:30 P.M. POWER PILATES WITH JEN

WEDNESDAY

5:30 A.M. CARDIO FUSION WITH JEN
9:00 A.M. CHISEL WITH JEN
5:15 P.M. 4X4 WITH JILL*
6:15 P.M. BHAKTI YOGA WITH DEB**

THURSDAY

5:30 A.M. CHISEL WITH JEN
9:00 A.M. MAT PILATES WITH PAM**
5:15 P.M. ZUMBA WITH BRIT*
6:15 P.M. CHISEL WITH JEN

FRIDAY

5:30 A.M. PILOXING WITH JEN
9:00 A.M. LEBARRE WITH JEN

SATURDAY

8:30 A.M. CARDIO FUSION WITH JEN
9:45 A.M. POWER PILATES WITH JEN
11:00 A.M. EXHALE YOGA WITH SUSIE**

SUNDAY

8:30 A.M. LEBARRE WITH JEN
9:45 A.M. MAN YOGA WITH MAN HUE**

(*45 MINUTE CLASS / **INSTRUCTOR IS REPRESENTED ON OWN PUNCH CARD)

• EFFECTIVE 01/05/18 •