YOGA SCHEDULE
Fall 2017

NEW MEMBERS
30 DAYS
for $49

MONDAY

5:45 AM	Slow Flow Fusion
7:30	Slow Burn Vinyasa *
8:45	Better Backs *
9:45	Power Vinyasa *
11:00	Better Backs / Yin *
12:00 PM	Therapeutic Yoga
5:35	Better Backs *
6:45	Mini Vini *
8:00	Better Backs

TUESDAY

7:30 AM	Slow Flow Fusion *
8:45	Better Backs *
9:45	Power Vinyasa *
11:00	Better Backs *
11:00	Therapeutic Yoga *
12:00 PM	Meditation
4:30	Slow Flow Fusion *
5:35	Better Backs / Yin *
6:45	Slow Burn Vinyasa *
8:00	Better Backs

WEDNESDAY

5:45 AM	Slow Flow Fusion
7:30	Slow Flow Fusion *
8:45	Better Backs Wall *
9:45	Mini Vini *
11:00	Better Backs w/Massage *
12:00 PM	Therapeutic Yoga
5:35	Better Backs *
6:45	Power Vinyasa *
8:00	Better Backs

THURSDAY

7:30 AM	Slow Flow Fusion
8:45	Better Backs *
9:45	Power Vinyasa *
11:00	Better Backs Emotional *
12:00 PM	Meditation
4:30	Slow Flow Fusion *
5:35	Better Backs *
6:45	Power Vinyasa *
7:30	Therapeutic Yoga
8:00	Better Backs / Yin

FRIDAY

7:30 AM	Slow Flow Fusion *
8:45	Better Backs *
9:45	Vinyasa w/ Weights *
11:00	Better Backs *
11:00	Therapeutic Yoga *

SATURDAY

7:00 AM	Salute the Sun
8:00	Better Backs *
9:15	Mini Vini *
10:25	Vinyasa Play *
11:30	Better Backs *

SUNDAY

8:30 AM	Better Backs
9:45	Power Vinyasa
11:15	Better Backs Anusara

* Babysitting Available

FITNESS SCHEDULE
Fall 2017

NEW MEMBERS
30 DAYS
for $49

MONDAY

5:45 AM	Crazy Cardio Cross Training
7:45	P90X *
9:00	Zumba *
10:00	Weight Training *
11:00	Barre *
4:30 PM	Barre *
5:30	Zumba *
6:30	P90X *

TUESDAY

5:45 AM	Kickboxing/Power Pump
7:45	Kick, Build & Burn *
9:00	Pilates *
10:00	Zumba Gold *
4:30 PM	Zumba *
5:30	P90X *
6:30	Pilates *

WEDNESDAY

7:45 AM	Strong *
9:00	P90X *
10:00	Barre *
4:30	Strong *
5:30 PM	Weight Training *
6:30	Kickboxing *

THURSDAY

5:45 AM	Kick, Build & Burn
7:45	Step Plus *
9:00	Fitness Shake Up *
10:00	Zumba Gold *
4:30 PM	Butts & Guts *
5:30	Strong *
6:30	Zumba *

FRIDAY

5:45 AM	Weight Training
7:45	P90X *
9:00	Barre *
10:00	Zumba Sculpt *

SATURDAY

7:45 AM	P90X *
9:00	Zumba *
10:00	Barre *

SUNDAY

8:30 AM	Weight Training
9:30	Fitness Shake Up

All classes 55 min.

* Babysitting Available

To easily sign up & reserve your spot in class

DOWNLOAD OUR FREE APP!

Search "Body Language Fitness Yoga" in Android & iTunes app stores.

BODY LANGUAGE FITNESS & YOGA CENTER
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