

BELLAMORPHOSIS CLASS SCHEDULE

January 14-18, 2019

Morning

* Notates a 1 hour class

Time	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
8:30AM	Kettlebell W/Pretz	-----	Kettlebell W/Pretz	*20x20x20 W/Beth	Kettlebell W/Pretz
9:00AM	Stability Ball W/Pretz		Stability Ball W/Pretz	*	Stability Ball W/Pretz
9:30AM	*Zumba W/Pretz	*Yoga & Stretch w/Beth	*Butts & Guts W/Beth	*Pilates W/Kathy	*Zumba W/Pretz
10:00AM	*	*	*	*	-----
10:30AM	-----	-----	-----	*Yoga W/Kathy	-----
11:00AM	*Yoga W/Kathy	*Pilates w/Kathy	-----	*	-----

Afternoon

4:30pm	Cardio Circuit W/Gabbi	Cycle W/Beth	*30x30x30 w/Beth	*Total Body W/Gabbi	-----
5:00pm	Rock Bottom w/Gabbi	Sculpt w/Beth	*	*	-----
5:30pm	*	*	*		