

BELLAMORPHOSIS CLASS SCHEDULE

January 7-11 , 2019

Morning

* Notates a 1 hour class

Time	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
8:30AM	Kettlebell w/Pretz	-----	Kettlebell W/Pretz	*20x20x20 W/Beth	Kettlebell W/Pretz
9:00AM	Stability 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	*	*	-----