

BELLAMORPHOSIS CLASS SCHEDULE

January 21-25, 2019

* Notates a 1 hour class

Morning

Time	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
8:30AM	CLOSED	-----	Kettlebell W/Pretz	*20x20x20 W/Beth	Kettlebell W/Pretz
9:00AM	FOR	-----	Stability Ball W/Pretz	*	Stability Ball W/Pretz
9:30AM	MARTIN	*Yoga & Stretch W/Beth	*Butts & Guts W/Beth	*Pilates W/Kathy	*Zumba W/Pretz
10:00AM	LUTHER	*	*	*	-----
10:30AM	KING JR.	-----	-----	*Yoga W/Kathy	-----
11:00AM	DAY!	*Pilates W/Kathy	-----	*	-----

Afternoon

4:30pm	CLOSED	Cylce W/Beth	*30x30x30 w/Beth	*Total Body W/Gabbi	-----
5:00pm	CLOSED	*Sculpt W/Beth	*	*	-----
5:30pm	CLOSED	-----	*	-----	-----