

BELLAMORPHOSIS CLASS SCHEDULE

January 28 - February 1 , 2019

Morning

* Notates a 1 hour class

Time	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
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	-----	*	*	-----	-----