

## Body Revolution Team X Class Schedule

(All classes are 1 hr except for Sh'Bam and Tone 45 min: please check MINDBODY app for accuracy in case of temporary changes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Liane 	5:30am AP 	5:30am Liane 	5:30am LJ 	5:30am Liane Bootcamp	8am LJ 	8am LJ 
9:15am Danni 	9am LJ Mat Pilates	9am LJ 	9am LJ 	9:15am LJ <b>LES MILLS</b> <b>tone</b>	9:15am Kara POUND	9:15am Dina Mat Pilates
10:15am Kara 		10:15am Kara TRX			10:30am LJ 	10:30am Kat 
	4:20pm LJ 		4:20pm LJ <b>LES MILLS</b> <b>tone</b>	4:20pm LJ Kids Aerial Yoga (10 sessions series)		
5:30 Karen Yoga	5:30pm LJ TRX intervals	5:30pm LJ 	5:30pm Liane 	5:30pm LJ 		
6:45pm Leigh 		6:30pm LJ Aerial Yoga	6:45pm Liane 	7-9pm Social/Girls Night/Couples Night/ workshops		