

Butterfly Life
LIFE Vision Schedule
www.butterflylifewebster.com


Hours: Mon, Wed & Fri 6:00-1:00 & 3:30-8:00 (close Fri at 6:30pm)
 Tues & Thurs 6:30 -1:00 & 3:30-8:00
 Sat 8:00-1:00
 20 Allen Avenue, Suite 100
 Webster Groves, MO 63119
 314-961-3300


Month: November 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00AM	Pilates Flow		Stretch & Sculpt		Let's Get Stepping		
6:30AM	Let's Get Stepping	Cardio Punch	Small Group Training	Yoga Poses			
7:00AM		Bosu Long & Lean		Low & Go	Burn & Firm Pilates		
7:30AM	Burn & Firm Pilates	Low & Go	Discover Yoga	Bosu Long & Lean	Cardio Punch		
8:00AM	Kickin' Boot Camp 	Cardio Punch	Bosu Long & Lean 	Let's Get Stepping	Pilates Flow	Yoga Poses	
8:30AM	Bosu Long & Lean 	Stretch & Sculpt	Low & Go 		Kickin' Boot Camp		Small Group Training
9:00AM	Let's Get Stepping	Small Group Training	Cardio Punch	Small Group Training	Zumba - Live (Practice)		
9:30AM			Burn & Firm Pilates		Zumba - Toning	Discover Yoga 	
10:00AM	Zumba - live	Discover Yoga	Ball Pilates 2	Pilates Flow	Burn & Firm Pilates	Zumba - Live	
10:30AM		Let's Get Stepping	Cardio Punch	Bosu Long & Lean	Cardio Punch		
11:00AM	Discover Yoga		Kickin' Boot Camp	Let's Get Stepping	Low & Go	Bosu Long & Lean	
11:30AM	Bosu Long & Lean	Cardio Punch	Burn & Firm Pilates		Discover Yoga	Cardio Punch	
12:00PM	Kickin' Boot Camp	Burn & Firm Pilates	Low & Go	Yoga Poses	Kickin' Boot Camp	Stretch & Sculpt	
12:30PM	Yoga Poses	Low & Go	Pilates Flow	Kickin' Boot Camp	Stretch & Sculpt	Pilates Flow	

FEATURED CLASSES THIS MONTH

Cardio	Sculpting	Mind / Body	
Low & Go	Stretch & Sculpt	Live Classes	Discover Yoga
Let's Get Stepping	Bosu Long & Lean		Yoga Poses
Cardio Punch	Burn & Firm Pilates		Pilates Flow
Kickin' Boot Camp	Small Group Training		

Symbol means 1/2 Cycle Class 

Symbol means Hour Reserved Cycle Class 

3:30 PM	Let's Get Stepping	Cardio Punch	Discover Yoga	Kickin' Boot Camp	Let's Get Stepping		
4:00PM		Pilates Flow	Let's Get Stepping	Stretch & Sculpt			
4:30PM	Yoga Poses	Bosu Long & Lean		Discover Yoga	Yoga Poses		
5:00PM	Cardio Punch 	Let's Get Stepping 	Kickin' Boot Camp	Small Group Training	Bosu Long & Lean		
5:30PM	Pilates Flow		Yoga Poses	Small Group Training 	Low & Go		
6:00PM	Small Group Training	Stretch & Sculpt 	Zumba-Live	Yoga Poses 	Discover Yoga		
6:30PM		Burn & Firm Pilates		Zumba -Toning			
7:00PM	Let's Get Stepping	Reserved for Forever Fit	Bosu Long & Lean				
7:30PM			Kickin' Boot Camp	Discover Yoga			