

**Butterfly Life**  
**LIFE Vision Schedule**  
[www.butterflylifewebster.com](http://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: December 2009**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00AM	Ball & Mat Pilates		Long & Lean		Let's Get Movin' II		
6:30AM	Let's Get Movin' II	On The Step	Small Group Training	Yoga Lower Body			
7:00AM		Burn & Tone		Cardio Ball Low	Butts & Gutts		
7:30AM	Butts & Gutts	Cardio Ball Low	Gentle Stretch	Burn & Tone	On The Step		
8:00AM	On The Step 	On The Step	Burn & Tone 	Let's Get Movin' II	Ball & Mat Pilates	Yoga Lower Body	
8:30AM	Burn & Tone 	Long & Lean	Cardio Ball Low 		Long & Lean	Small Group Training	
9:00AM	Let's Get Movin' II	Small Group Training	On The Step	Small Group Training	Zumba - Live (Practice)		
9:30AM			Pilates with Davena 		Zumba - Toning	Gentle Stretch 	
10:00AM	Zumba - live	Gentle Stretch		Ball & Mat Pilates	Butts & Gutts	Zumba - Live	
10:30AM		Let's Get Movin' II	Speciality Workshops	Burn & Tone	On The Step		
11:00AM	Gentle Stretch		Latin Groove	Let's Get Movin' II	Cardio Ball Low	Burn & Tone	
11:30AM	Burn & Tone	On The Step	Butts & Gutts		Gentle Stretch	On The Step	
12:00PM	Cardio Ball Low	Butts & Gutts	Cardio Ball Low	Yoga Lower Body	Latin Groove	Long & Lean	
12:30PM	Yoga Lower Body	Cardio Ball Low	Ball & Mat Pilates	On The Step	Long & Lean	Ball & Mat Pilates	







**FEATURED CLASSES THIS MONTH**

Cardio	Sculpting	Mind / Body	
Cardio Ball Low	Long & Lean	Live Classes	Gentle Stretch
Latin Groove	Burn & Tone	Premium Live Class	Yoga Lower Body
On The Step	Butts & Gutts		Ball & Mat Pilates
Let's Get Movin' II	Small Group Training		

Symbol means 1/2 Cycle Class 

Symbol means Hour Reserved Cycle Class 

**Our Christmas gift to the club, another month of free Premium Live Classes.**

3:30 PM	Let's Get Movin' II	On The Step	Gentle Stretch	Cardio Ball Low	Let's Get Movin' II		
4:00PM		Ball & Mat Pilates	Let's Get Movin' II	Burn & Tone			
4:30PM	Yoga Lower Body			Gentle Stretch	Yoga Lower Body		
5:00PM	On The Step 	Pilates with Davena 	Cardio Ball Low	Small Group Training	Burn & Tone		
5:30PM	Ball & Mat Pilates		Yoga Lower Body		Cardio Ball Low		
6:00PM	Small Group Training	Long & Lean 	Zumba-Live	Yoga Lower Body 	Gentle Stretch		
6:30PM		Butts & Gutts		Zumba -Toning			
7:00PM	Let's Get Movin' II	Let's Get Movin' II or Workshops	Burn & Tone				
7:30PM			On The Step	Butts & Gutts			