

Butterfly Life

LIFE Vision Schedule

www.butterflylife.com

Hours: M & W 8:00-1:00 & 4:00-8:00 - TRIAL HOURS

T & Th 6:30-1:00 & 4:00-7:30 - TRIAL HOURS

Fri 8:00 -1:00 & 4:00-7:00

Sat 8:00-12:30

2520 N Hwy. 67

Florissant, MO 63033

314-837-0600

Thanksgiving Holiday Hours: Wed 11/26 8AM-1PM, Thur 11/27 CLOSED, Fri 11/28 10AM-2PM

Month: November 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Type
6:30AM	CLOSED	Cardio Kicks	CLOSED	Athletic Step	CLOSED	CLOSED	Cardio
7:00AM		ABC		Step & Sculpt Intervals			Sculpting
7:30AM		Ball Pilates 2		Yoga Total Body			Mind / Body
8:00AM	ABC	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals	Sculpting
8:30AM	Cardio Kicks	Step & Low Combo	Athletic Step	Step & Low Combo	Sizzling Salsa	Athletic Step	Cardio
9:00AM	Yoga-Mid Section	Ball Pilates 2	Yoga Total Body	Yoga-Mid Section	Ball Pilates 2	Yoga Total Body	Mind / Body
9:30AM	Step & Low Combo	Sizzling Salsa	Step & Low Combo	Sizzling Salsa	Step & Low Combo	Cardio Kicks	Cardio
10:00AM	Sizzling Salsa (Circuit-BC**)	Athletic Step	Cardio Kicks	Athletic Step	Sizzling Salsa	Athletic Step (Circuit-BC**)	Cardio
10:30AM	Ball Pilates 2	Yoga Total Body	Yoga-Mid Section	Ball Pilates 2	Yoga Total Body	Yoga-Mid Section	Mind / Body
11:00AM	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals	ABC	Sculpting
11:30AM	Yoga Total Body	Yoga-Mid Section	Ball Pilates 2	Yoga Total Body	Yoga-Mid Section	Ball Pilates 2	Mind / Body
12:00PM	Step & Low Combo	Cardio Kicks	Sizzling Salsa	Step & Low Combo	Cardio Kicks	Sizzling Salsa	Cardio
12:30PM	Athletic Step	Sizzling Salsa	Cardio Kicks	Athletic Step	Sizzling Salsa	Closed	Cardio

FEATURED CLASSES THIS MONTH

Cardio	Sculpting	Mind / Body	Lectures (by request)																					
<table border="1"> <tr><td>Cardio Kicks</td><td>Intermediate</td></tr> <tr><td>Sizzling Salsa</td><td>Intermediate / Advanced</td></tr> <tr><td>Athletic Step</td><td>Advanced</td></tr> <tr><td>Step & Low Combo</td><td>Beginner</td></tr> </table>	Cardio Kicks	Intermediate	Sizzling Salsa	Intermediate / Advanced	Athletic Step	Advanced	Step & Low Combo	Beginner	<table border="1"> <tr><td>ABC</td><td>Intermediate</td></tr> <tr><td>Step & Sculpt Intervals</td><td>Intermediate</td></tr> </table>	ABC	Intermediate	Step & Sculpt Intervals	Intermediate	<table border="1"> <tr><td>Yoga-Mid Section</td><td>Intermediate</td></tr> <tr><td>Ball Pilates 2</td><td>Intermediate / Advanced</td></tr> <tr><td>Yoga Total Body</td><td>Advanced</td></tr> </table>	Yoga-Mid Section	Intermediate	Ball Pilates 2	Intermediate / Advanced	Yoga Total Body	Advanced	<table border="1"> <tr><td>Nutrition: Behavior Chains</td></tr> <tr><td>Fashion: Wardrobe Color</td></tr> <tr><td>Motivation: Start Loving Yourself</td></tr> </table>	Nutrition: Behavior Chains	Fashion: Wardrobe Color	Motivation: Start Loving Yourself
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****Circuit Boot Camps: Free With Membership; You Must Sign-Up For the Class at the Front Desk; Max Class Size = 10**

***GPT: LIFE Vision Area Reserved for Group Personal Training; See the Club for More Details**

4:00PM	Cardio Kicks	Step & Low Combo	Athletic Step	Step & Low Combo	Sizzling Salsa	CLOSED	Cardio
4:30PM	ABC	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals	ABC		Sculpting
5:00PM	Yoga-Mid Section	Ball Pilates 2	Yoga Total Body	Yoga-Mid Section	Ball Pilates 2		Mind / Body
5:30PM	Step & Low Combo	Sizzling Salsa	Step & Low Combo	Sizzling Salsa	Step & Low Combo		Cardio
6:00PM	Sizzling Salsa	Athletic Step	Cardio Kicks (Circuit-BC**)	Athletic Step	Sizzling Salsa		Cardio
6:30PM	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals	ABC	Step & Sculpt Intervals		Sculpting
7:00PM	Athletic Step (Circuit-WLE Only BC**)	GPT*	Cardio Kicks	GPT*	CLOSED		Cardio
7:30PM	WLE Choice	CLOSED	Sizzling Salsa	CLOSED			Cardio