

class schedule  
effective 5/1/10



248.646.4350  
www.bodypurestudio.com

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:00	cardio mix - john		BodyPure - john	cardio mix - john			
6:30	reformer open - tina	reformer open - john	reformer open - paula	half & half - sandy	reformer open - john		
7:30							
	reformer open - tina		half & half - paula		half & half - lizz	reformer open - john	
8:00							cardio - john
8:30		pilates mat - cheryl				BodyPure - kelly	
	reformer open - tina		reformer open - paula	reformer bootcamp-john	reformer open - lizz	half & half - rotates	
8:45	BodyPure - kelly		BodyPure - kelly		BodyPure - tina		
9:00							BodyPure - tracy/jen
9:30						BodyPure - john	
		reformer open - cheryl		reformer int. - paula	R2 - lizz	reformer open - rotates	
9:45	BodyPure - jen	method box - john	BodyPure - tracy	bootcamp - john	BodyPure - tracy		
10:30						cardio fusion - john	
						reformer basic - paula*cal to sign up	
11:00	the hundreds - john		the hundreds - john		cardio mix - john		
4:00	half & half - sandy		half & half - sandy				
5:30	high step interval - kelly		BodyPure - kelly		BodyPure - kelly		
	reformer bootcamp-john	reformer int. - tina					
6:30	house blend - john	BodyPure - kelly	house blend - john	BodyPure - kelly			
			reformer basic - paula*cal to sign up	reformer bootcamp-john			
7:30		cardio fusion - john		cardio fusion - john			

Please see class descriptions, prices and regulations on back.  
Instructors are subject to change without notice.