

BodyRituals | yoga . fitness . dance

. monday	. tuesday	. wednesday	.thursday	. friday	.saturday
	Mat Pilates [8:15am]	Yoga [8:15am]	Mat Pilates [8:15am]		HOT Yoga [9:00 am]
Rent Studio Space [all available times]				Intermediate Jazz [5:00pm]	Zumba [10:00am]
Chi Yoga [5:30pm]	Intermediate Mat Pilates [5:30pm]	Yoga [5:30pm]	Intermediate Mat Pilates [5:30pm]		Bellydancing [11:00am]
	Hip Hop [5:30pm]			Intermediate Hip Hop [6:00 pm]	
Weightloss Bootcamp CALORIE BURN [6:30pm] [cardio]	Body Sculpting Bootcamp [6:30pm] [weights]	Weightloss Bootcamp KICKBOXING [6:30pm] [cardio]	Body Sculpting Bootcamp [6:30pm] [weights]		Rent Studio Space [all available times]
Beginners' Pilates [6:30pm]	Cardio Dance Karingah! [6:30pm]		Cardio Dance LIVE MUSIC [6:30pm]	Dance Team [7:00pm]	
Book a Private [all available times]	Chi Yoga [7:30pm]	Beginners' I Salsa [7:30pm]			Book a Private [all available times]
	Pole Dancing BEGINS 7/06 [7:45pm]	Beginners' II & III Salsa [8:30pm]	Intermediate Pole Dancing BEGINS 7/08 [7:45pm]		

ASK ABOUT OUR SPECIAL MEMBERSHIP RATES!

Prices | 6 class package - \$ 72 (\$12 ea) | 12 class package - \$ 132 (\$11 ea) | 18 classes & up \$10 ea |
 Single class - \$15.00 single class (must be member) | Trial class - \$10.00 (1st class only) | One time registration fee:\$50.00
 | Package is good for 90 days from first visit. |

Other | Inquire about our Pole Dancing Courses, Private Sessions, Studio Space Rental
 and Dance Choreography Courses for Weddings – Sweet 16s – Quincenera – Dance Teams
 ***** sections in gray are courses – different pricing applies