

# Bodytree Weekly Yoga and more Schedule - December 2011

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
7:00 - 8:00							
8:30 - 9:00		Ashtanga Yoga JO (ladies only) 8:30-10:00	*Xtend Bar CAROL (ladies only) 8:30-9:30- SIGN UP	Moderate Kripalu Yoga MIRNA (ladies only) 8:30-9:45	Ashtanga Yoga JO (ladies only) 8:30-10:00	Moderate Kripalu Yoga MIRNA (ladies only) 8:30-9:45	8:30 - 9:00
9:00 - 9:30							9:00 - 9:30
9:30 - 10:00							9:30 - 10:00
10:00 - 10:30		* Pre-natal Yoga BARBARA 10:15-11:15 SIGN UP	Vinyasa Basics Yoga KATHRYN (ladies only) 10:00-11:30	* Xtend Bar OLIVIA (ladies only) 10-11 SIGN UP		* Xtend Bar CAROL (ladies only) 10-11 SIGN UP	10:00 - 10:30
10:30 - 11:00							10:30 - 11:00
11:00 - 11:30				* Mommy & Baby Yoga - BARBARA 11:05-12:05 SIGN UP			11:00 - 11:30
11:30 - 12:00							11:30 - 12:00
		* Kids Dance LAURA 3-3:30			* Kids Dance LAURA 3-3:30		
4:00 - 4:30			* Kids Yoga KASTURI 4-4:30	* Kids Capoeira CAXIAS 4:00-4:45			4:00 - 4:30
4:30 - 5:00							4:30 - 5:00
5:00 - 5:30	* Restorative Hatha Yoga - JO (mixed) 5-6 SIGN UP	* Pre-natal Yoga BARBARA 5:20-6:20 SIGN UP	Gentle Kripalu Yoga MIRNA (ladies only) 5:00-6:15	* Pre-natal Yoga ELINA 5:00 -6:00 SIGN UP	Gentle Kripalu Yoga MIRNA (ladies only) 5:00-6:15		5:00 - 5:30
5:30 - 6:00							5:30 - 6:00
6:00 - 6:30	* Vinyasa Flow Yoga - JO (mixed) 6:15 - 7:30 SIGN UP						6:00 - 6:30
6:30 - 7:00		Hatha Flow Yoga MICHELLE/NANA (ladies only) 6.30-7:45	Moderate Kripalu Yoga KASTURI (mixed) 6:30-7:45		* Xtend Bar CAROL (ladies only) 6:30-7:30 SIGN UP	Hatha Flow Yoga KATHRYN/NANA (mixed) 6.30-7:45	6:30 - 7:00
7:00 - 7:30							7:00 - 7:30
7:30 - 8:00							7:30 - 8:00
8:00 - 8:30		Q&A and Jivamukti Yoga MARIA 8:00-9:45 (mixed) SIGN UP	* Xtend Bar ANISSA (ladies only) 8-9 SIGN UP	Jivamukti Yoga MARIA 8:15 - 9:45 (mixed) SIGN UP	Vinyasa Basics Yoga MICHELLE (men only) 8.00-9:00		8:00 - 8:30
8:30 - 9:00							8:30 - 9:00
9:00 - 9:30							9:00 - 9:30

Mat rental is 5,-Dhs.

Group Punch cards are valid for 3 months only (no refunds)

Please note that we review our schedule monthly.

Please note cash payment only is accepted.

Written approval from doctor is required for Pre-natal Yoga.

Schedule and prices are subject to change and substitute teachers may be used.

We are happy to consider additional timings but need 5 people to establish a new class.

These classes are by sign up only (punch card) and spaces will be given away once class begins.

Classes with an \* are held with a min of 5 people on a sign up & pre-pay basis (drop ins welcome to some classes).

ATT:

Please note we will have a smaller "HOLIDAY SCHEDULE" for the last 2 weeks in December. Happy Holidays to all!

## Bodytree Prices

(Cost Per Class)	1 and 1¼ Hour	1½ Hours	Package Total
10 Group Class Punch Card (3 months)			540
5 Pre-natal GPunch Card (6 weeks)	70		300
Yoga Class	60	70	
* Kids Yoga (30min)	40 (drop in)		140 (4 classes)
* Kids Dance (30 min and 45 min)			250/500 (5/10 classes)
* M & Baby / Belly	70 (drop in)		240 (4 classes)
* Baby Massage Course			500 (5 classes)
Kids Capoeira (45min)	60 (drop in)		300 (6 classes)
Phoenix Rising	70 (drop in)		480 (8 classes)
Private Sessions (55min)	250	325	
10 Private Sessions Punch Card			2450 (55 min)