

Butterfly Life

April LIFE Vision Schedule

2115 NE Hwy 20

Bend, OR 97701

541-318-1307

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Burn and Tone	Step it Up	Burn and Tone	Step it Up	Burn and Tone	Step it Up
6:30	Kick it up and Sweat it off	Long and Lean	Kick it up and Sweat it off	Long and Lean	Kick it up and Sweat it off	Long and Lean
7:00	Gentle Stretch	Member's Choice	Gentle Stretch	Member's Choice	Gentle Stretch	Pilates Flow
7:30	Butt and Gutts	Dance Tease	Butt and Gutts	Dance Tease	Butt and Gutts	Dance Tease
8:00	Simple Stepping	Yoga Core Control	Simple Stepping	Yoga Core Control	Simple Stepping	Yoga Core Control
8:30	Burn and Tone	Step it Up	Burn and Tone	Step it Up	Burn and Tone	Step it Up
9:00	Kick it up and Sweat it off	Long and Lean	Kick it up and Sweat it off	Long and Lean	Kick it up and Sweat it off	Long and Lean
9:30	Gentle Stretch	Pilates Flow	Gentle Stretch	Pilates Flow	Gentle Stretch	Pilates Flow
10:00	Member's Choice	Dance Tease	Member's Choice	Dance Tease	Member's Choice	Dance Tease
10:30	Simple Stepping	Burn and Tone	Simple Stepping	Burn and Tone	Simple Stepping	Burn and Tone
11:00	Arms back and Chest	Kick it up and Sweat it off	Arms back and Chest	Kick it up and Sweat it off	Arms back and Chest	Kick it up and Sweat it off
11:30	Cardio Kicks	Gentle Stretch	Cardio Kicks	Gentle Stretch	Cardio Kicks	Gentle Stretch
Noon	Ball and Mat Pilates	Butt and Gutts	Ball and Mat Pilates	Butt and Gutts	Ball and Mat Pilates	Butt and Gutts
12:30	Long and Lean	Simple Stepping	Long and Lean	Simple Stepping	Long and Lean	Simple Stepping
1:00	Band Challenge	Member's Choice	Band Challenge	Member's Choice	Band Challenge	
1:30	Arms back and Chest	Kick it up and Sweat it off	Arms back and Chest	Kick it up and Sweat it off	Arms back and Chest	Class Type
2:00	Cardio Kicks	Gentle Stretch	Cardio Kicks	Gentle Stretch	Cardio Kicks	Sculpting
2:30	Ball and Mat Pilates	Butt and Gutts	Ball and Mat Pilates	Butt and Gutts	Ball and Mat Pilates	Cardio
3:00	Long and Lean	Simple Stepping	Long and Lean	Simple Stepping	Long and Lean	Mind & Body
3:30	Member's Choice	Discover Yoga	Member's Choice	Discover Yoga	Member's Choice	Member's Choice
4:00	Kick it up and Sweat it off	Stretch and Sculpt	Kick it up and Sweat it off	Stretch and Sculpt	Kick it up and Sweat it off	Live Class
4:30	Band Challenge	On the Step	Band Challenge	On the Step	Band Challenge	
5:00	Butt and Gutts	Arms Back and Chest	Butt and Gutts	Arms Back and Chest	Butt and Gutts	
5:30	Live Class	Kicki'Boot Camp	Gentle Stretch	Kicki'Boot Camp	Gentle Stretch	
6:00	Burn and Tone	Yoga Core Control	Burn and Tone	Live Class	Burn and Tone	
6:30	Kick it up and Sweat it off	Butt and Gutts	Kick it up and Sweat it off	Butt and Gutts	Kick it up and Sweat it off	
7:00	Yoga Core Control	Dance Tease	Yoga Core Control	Dance Tease		
7:30	Butt and Gutts	Pilates Flow	Butt and Gutts	Pilates Flow		