

**Butterfly Life**  
**LIFE Vision Schedule**

I-30 & Hwy 5  
Benton, AR  
(501) 778-7100

**Month: April**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00AM	Variety Pack	Steppin' Right Left	Variety Pack	Steppin' Right Left	Variety Pack	Steppin' Right Left	Cardio Classes
8:30AM	Cardioball Low	Easy Kick and Jab	Cardioball Low	Easy Kick and Jab	Cardioball Low	Cardioball Low	Dance Classes
9:00AM	Discover Yoga	Ball Pilates 2	Discover Yoga	Member Choice	Ball Pilates 2	Discover Yoga	Mind Body Classes
9:30AM	Steppin' Right Left	Core Challenge	Steppin' Right Left	Core Challenge	Steppin' Right Left	Core Challenge	Cardio / Sculpt
10:00AM	Ball Pilates 2	Discover Yoga	Member Choice	Ball Pilates 2	Discover Yoga	Ball Pilates 2	Mind Body Classes
10:30AM	Member Choice	Cardioball Low	Easy Kick and Jab	Cardioball Low	Easy Kick and Jab	Member Choice	Dance Classes
11:00AM	Easy Kick and Jab	Variety Pack	Variety Pack	Easy Kick and Jab	Cardioball Low	Variety Pack	Cardio / Dance
11:30AM	BLT	Step and Sculpt Intervals	BLT	Step and Sculpt Intervals	BLT	Step and Sculpt Intervals	Sculpt Classes
12:00PM	Variety Pack	Member Choice	Steppin' Right Left	Variety Pack	Variety Pack	Steppin' Right Left	Cardio Classes
12:30PM	Member Choice	Member Choice	Member Choice	Member Choice	Member Choice	Member Choice	Member Choice
<b>FEATURED CLASSES THIS MONTH</b>							
	<i>Cardio</i>		<i>Sculpting</i>		<i>Mind / Body</i>		<i>More Cardio</i>
	Variety Pack		Core Challenge		Discover Yoga		Cardioball Low
	Steppin' Right Left		BLT		Ball Pilates 2		Easy Kick and Jab
4:00PM	Variety Pack	Steppin' Right Left	Variety Pack	Steppin' Right Left	Variety Pack		Cardio Classes
4:30PM	Discover Yoga	Burn & Firm Pilates	Discover Yoga	Ball Pilates 2	Discover Yoga		Mind Body Classes
5:00PM	Cardioball Low	Members Choice	Cardioball Low	Easy Kick and Jab	Cardioball Low		Dance Classes
5:30PM	Members Choice	BLT	Step and Sculpt Intervals	Members Choice	BLT		Sculpt Classes
6:00PM	Steppin' Right Left	Variety Pack	Steppin' Right Left	Variety Pack			Cardio Classes
6:30PM	Ball Pilates 2	Discover Yoga	Members Choice	Discover Yoga			Mind Body Classes
7:00PM	Cardioball Low	Easy Kick and Jab	Cardioball Low	Easy Kick and Jab			Dance Classes
7:30PM	Members Choice	Members Choice	Members Choice	Members Choice			Members Choice