

# Butterfly Life

## LIFE Vision Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00AM	Resistance Orientation	Sculpt	Resistance Orientation	Sculpt	Sculpt	Sculpt	Sculpt classes
8:30AM	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio classes
9:00AM	Lecture	Nut. Intro. Lecture	Lecture	Lecture	Lecture	Lecture	Lectures
9:30AM	Cardio	Sculpt	Cardio	Sculpt	Cardio	Sculpt	Cardio / Sculpt
10:00AM	Sculpt	Resistance Orientation	Sculpt	Resistance Orientation	Sculpt	Resistance Orientation	Sculpt classes
10:30AM	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio classes
11:00AM	Nut. Intro. Lecture	Lecture	Lecture	Lecture	Lecture	Lecture	Lectures
11:30AM	Mind / Body	Mind / Body	Mind / Body	Mind / Body	Mind / Body	Mind / Body	Mind Body classes
12:00	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio classes
	<i>Cardio</i>		<i>Sculpting</i>		<i>Mind / Body</i>		<i>Lecture</i>
	STEP Low Impact Cardioball Dance Kick & Jam		Upper Body / Tubes Core Conditioning / Ball Lower Body / Ball		Yoga Mat Pilates Stretch		Nutrition Motivation Beauty Medical
					<i>Orientations</i> Resistance		
4:00PM	Cardio	Sculpt	Cardio	Sculpt	Cardio		Cardio / Sculpt
4:30PM	Resistance Orientation	Mind / Body	Resistance Orientation	Mind / Body	Mind / Body		Mind Body classes
5:00PM	Cardio	Cardio	Cardio	Cardio	Cardio		Cardio classes
5:30PM	Lecture	Lecture	Lecture	Lecture	Nut. Intro. Lecture		Lectures
6:00PM	Sculpt	Resistance Orientation	Sculpt	Resistance Orientation	Sculpt		Sculpt classes
6:30PM	Cardio	Cardio	Cardio	Cardio	Cardio		Cardio classes
7:00PM	Lecture	Lecture	Nut. Intro. Lecture	Lecture	Lecture		Lectures
7:30PM	Mind / Body	Sculpt	Mind / Body	Sculpt	Mind / Body		Mind Body / Sculpt