

Butterfly Life
LIFE Vision Schedule

9165 Elk Grove - Florin Rd

Elk Grove, CA

916-478-4201

Jun-08

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM	Kick it Up & Sweat it Off	Band Challenge	Yoga Mid-Section	Kick it Up & Sweat it Off	Yoga-Lower Body	Athletic Step
8:30AM	Yoga Mid-Section	Ultimate Cardioball	Kickin Boot Camp	Gentle Stretch	Burn & Firm Pilates	Kick it Up & Sweat it Off
9:00AM	Ball Boot Camp	Step Party	ABC	Disco-a-GoGo	Sizzling Salsa	Lower Body Focus
9:30AM	Disco-a-GoGo	Cardio Punch	Yoga Lower Body	Burn & Tone	Gentle Stretch	Latin Grove
10:00AM	Long & Lean	Discover Yoga	Disco-a-GoGo	Core Control	Caliente Dance	Burn & Tone
10:30AM	Caliente Dance	Step & Sculpt	Ultimate Cardioball	Step & Low Combo	Ball Mat Pilates	Ultimate Cardioball
11:00AM	Pilates Flow	Sizzling Salsa	Yoga Poses	Low & Go	Kick it Up & Sweat it Off	Disco-a-GoGo
11:30AM	Cardio Punch	Simple Steppin	Easy Kick & Jab	Band Challenge	Long & Lean	Pilates Flow
12:00	Core Control	Pilates on the Floor	BLT	Ultimate Cardioball	ABC	Ball Boot Camp
12:30	Around the Step	Step Party	Kick it Up & Sweat it Off	Discover Yoga	Disco-a-GoGo	Core Challenge
1:00						Step it Up
1:30	NEW HOURS					BLT

Cardio
Sculpting
Mind/Body

HOURS		
<u>Mon, Wed, Fri</u>	<u>Tues, Thurs</u>	<u>Saturday</u>
6:30am - 1pm	7:30am-1pm	8am - 12pm
3pm - 7pm	3pm - 7pm	

3:00	Kick it Up & Sweat it Off	Cardio Punch	ABC	Disco-a-GoGo	Ball Boot Camp
3:30	Core Control	Yoga - Lower Body	Cardioball Low	Core Control	Yoga - Lower Body
4:00PM	Pilates Flow	Step Party	Full Body Blast	Band Challenge	Disco-a-GoGo
4:30PM	Caliente Dance	Long & Lean	Latin Grove	Kick it Up & Sweat it Off	Gentle Stretch
5:00PM	Discover Yoga	Kick it Up & Sweat it Off	Kickin Boot Camp	Burn & Tone	Caliente Dance
5:30PM	Butts & Gutts	Sizzling Salsa	Core Challenge	American Band Dance	Yoga Poses
6:00PM	Disco-a-GoGo	BLT	Ball Boot Camp	Yoga Mid Section	Kick it Up & Sweat it Off
6:30PM	Ultimate Cardioball	Cardio Kicks	Pilates on the Floor	Athletic Step	Burn & Firm Pilates