

Butterfly Life
LIFE Vision Schedule

232 Westwood Shopping Center
Fayetteville, NC 28314
910 323 4750

Month: **July**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00AM	Resistance Orientation	Core Challenge	BLT	Core Challenge	Resistance Orientation	BLT	Sculpt classes
8:30AM	Easy Kick & Jab	Low & Go	Easy Kick & Jab	Low & Go	Easy Kick & Jab	Low & Go	Cardio classes
9:00AM 9:15AM	Nutrition Goal Setting	Fashion Colorize Your Life	Nutrition Goal Setting	Fashion Colorize Your Life	Nutrition Goal Setting	Fashion Colorize Your Life	Lectures
9:30AM	Low & Go	Core Challenge	BLT	Easy Kick & Jab	Low & Go	BLT	Cardio / Sculpt
10:00AM	Core Challenge	Resistance Orientation	BLT	Resistance Orientation	Core Challenge	BLT	Sculpt classes
10:30AM	Low & Go	Easy Kick & Jab	Easy Kick & Jab	Low & Go	Easy Kick & Jab	Low & Go	Cardio classes
11:00AM 11:15AM	Nutrition Goal Setting	Fashion Colorize Your Life	Nutrition Goal Setting	Fashion Colorize Your Life	Nutrition Goal Setting	Fashion Colorize Your Life	Lectures
11:30AM	Pilates on the floor	Discover Yoga	Pilates on the floor	Discover Yoga	Pilates on the floor	Discover Yoga	Mind Body classes
12:00	Easy Kick & Jab	Low & Go	Easy Kick & Jab	Low & Go	Easy Kick & Jab	Low & Go	Cardio classes

FEATURED CLASSES THIS MONTH

<i>Cardio</i>	<i>Sculpting</i>	<i>Mind / Body</i>	<i>Lecture</i>
Low & Go	Core Challenge	Pilates on the Floor	Nutrition Goal Setting
Easy Kick & Jab	BLT	Discover Yoga	Fashion Colorize Your Life
			Motivation The Mirror

4:00PM	Low & Go	Core Challenge	Easy Kick & Jab	Core Challenge	Low & Go		Cardio / Sculpt
4:30PM	Resistance Orientation	Pilates on the Floor	Discover Yoga	Pilates on the Floor	Resistance Orientation		Mind Body classes
5:00PM	Easy Kick & Jab	Easy Kick & Jab	Low & Go	Easy Kick & Jab	Low & Go		Cardio classes
5:30PM 5:45PM	Nutrition Goal Setting	Low & Go	Easy Kick & Jab	Low & Go	Nutrition Goal Setting		Lectures
6:00PM	BLT	Core Challenge	Core Challenge	Resistance Orientation	BLT		Sculpt classes
6:30PM	Low & Go	Easy Kick & Jab	Core Challenge	Easy Kick & Jab	Low & Go		Cardio classes
7:00PM 7:15PM	Nutrition Goal Setting	Fashion Colorize Your Life	Motivation The Mirror	Fashion Colorize Your Life	Nutrition Goal Setting		Lectures
7:30PM	Pilates on the Floor	BLT	Pilates on the Floor	BLT	Pilates on the Floor		Mind Body / Sculpt