

Butterfly Life
LIFE Vision Schedule

www.butterflylife.com

Hours: M - Thurs 6:00-2:00 & 3:00-7:00

Fri 6:00 -2:00 & 3:00-6:00

Sat 8:00-1:00

2701 West Edgewood Ste. 106

Jefferson City, MO 65109

573-893-4100

Month: Jul-08

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30AM	Ball Boot Camp	Discover Yoga	Athletic Step	Core Control	Discover Yoga	
7:00AM	Cardio Kicks	Band Challenge	Ball Boot Camp	Ball Pilates 2	Ball Boot Camp	
7:30AM	Core Control	Athletic Step	Discover Yoga	Athletic Step	Athletic Step	
8:00AM	Band Challenge	Ball Boot Camp	ABC	Ball Boot Camp	Band Challenge	ABC
8:30AM	Discover Yoga	Yoga Mid Section	Core Control	Discover Yoga	Ball Pilates 2	Ball Pilates 2
9:00AM	ABC	Cardio Kicks	Cardio Kicks	Band Challenge	Cardio Kicks	Ball Boot Camp
9:30AM	Athletic Step	Band Challenge	Core Control	Athletic Step	ABC	Athletic Step
10:00AM	Ball Pilates 2	Cardio Kicks	Athletic Step	Core Control	Core Control	Core Control
10:30AM	Band Challenge	Athletic Step	Discover Yoga	Ball Boot Camp	Athletic Step	Band Challenge
11:00AM	Ball Boot Camp	ABC	Ball Boot Camp	ABC	Cardio Kicks	Cardio Kicks
11:30AM	Core Control	Ball Pilates 2	Discover Yoga	Discover Yoga	Band Challenge	Discover Yoga
12:00PM	Cardio Kicks	Core Control	Core Control	Cardio Kicks	Discover Yoga	ABC
12:30PM	ABC	Band Challenge	ABC	Band Challenge	ABC	Ball Boot Camp

FEATURED CLASSES THIS MONTH

<i>Cardio</i>	<i>Sculpting</i>	<i>Mind / Body</i>
Ball Boot Camp	Band Challenge	Discover Yoga
Cardio Kicks	ABC	Ball Pilates 2
Athletic Step		Core Control

3:00PM	Ball Boot Camp	ABC	Ball Boot Camp	Band Challenge	Ball Boot Camp	
3:30PM	Cardio Kicks	Core Control	ABC	Ball Pilates 2	Core Control	
4:00PM	Discover Yoga	Athletic Step	Athletic Step	Core Control	Athletic Step	
4:30PM	ABC	Band Challenge	Cardio Kicks	ABC	ABC	
5:00PM	Athletic Step	Cardio Kicks	Core Control	Ball Boot Camp	Cardio Kicks	
5:30PM	Band Challenge	Ball Boot Camp	Band Challenge	Zumba	Discover Yoga	
6:00PM	Ball Boot Camp	Band Challenge	Cardio Kicks	Zumba		
6:30PM	Core Control	Core Control	Ball Pilates 2	Discover Yoga		