

Butterfly Life LIFE Vision Schedule

8865 Greenback Lane
Orangevale, CA 95662
916-990-9008

Month: JULY, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Type
7:00AM							?
7:30AM	Member's Choice		Member's Choice		Member's Choice	Member's Choice	?
8:00AM	Member's Choice	Variety Pack (1)	Member's Choice	Variety Pack (1)	Member's Choice	On the Step (1)	Cardio
8:30AM	Discover Yoga (1)	Member's Choice	Pilates on the Floor (1)	Member's Choice	Member's Choice	Member's Choice	Mind & Body
9:00AM	Variety Pack (1)	Steppin'Right Left (2)	Kick It Up & Sweat It Off (2)	On the Step (1)	Variety Pack (1)	Kick it Up & Sweat it Off (2)	Cardio
9:30AM	Pilates on the Floor (1)	Discover Yoga (1)	Discover Yoga (1)	Pilates on the Floor (1)	Discover Yoga (1)	Pilates on the Floor (1)	Mind & Body
10:00AM	Long & Lean (2)	Stretch & Sculpt (basic)	Long & Lean (2)	Long & Lean (2)	Stretch & Sculpt (basic)	Long & Lean (2)	Sculpting
10:30AM	Steppin'Right Left (2)	On the Step (basic)	Variety Pack (1)	Kick It Up & Sweat it Off (2)	On the Step (1)	Steppin'Right Left (2)	Cardio
11:00AM	Stretch & Sculpt (basic)	Long & Lean (2)	Stretch & Sculpt (basic)	Stretch & Sculpt (basic)	Long & Lean (2)	Stretch & Sculpt (basic)	Sculpting
11:30AM		Kick It Up & Sweat it Off (2)		Variety Pack (1)	Kick It Up & Sweat it Off (2)	On the Step (1)	Cardio
12:00PM		Steppin'Right Left (2)		Long & Lean (2)			Sculpting
12:30PM		Discover Yoga (1)		Discover Yoga (1)			Mind & Body
2:30PM	Stretch & Sculpt (basic)		Pilates on the Floor (1)			CLOSED	Mind & Body
3:00PM	On the Step (Basic)		Steppin'Right Left (2)		On the Step 1		Cardio
3:30PM	Long & Lean (2)		Long & Lean (2)		Stretch & Sculpt (basic)		Sculpting
4:00PM	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice		Cardio
4:30PM	Stretch & Sculpt (basic)	Member's Choice	Stretch & Sculpt (basic)	Member's Choice	Burn & Tone (2)		Sculpting
5:00PM	Pilates on the Floor (1)	Pilates on the Floor (1)	Discover Yoga (1)	Pilates on the Floor (1)	Long & Lean (2)		Mind & Body
5:30PM	Variety Pack (1)	On the Step (Basic)	Variety Pack (1)	Kick It Up & Sweat it Off (2)	Variety Pack (1)		Cardio
6:00PM	Steppin'Right Left (2)	Variety Pack (1)	Steppin'Right Left (2)	Variety Pack (1)			Cardio
6:30PM	Long & Lean (2)	Stretch & Sculpt (basic)	Long & Lean (2)	Long & Lean 2			Sculpting
7:00PM	Kick It Up & Sweat It Off (2)	Steppin'Right Left (2)	Kick it Up & Sweat it Off (2)	On the Step (1)			Cardio
7:30PM		Kick it Up & Sweat It Off (2)		Steppin'Right Left (2)		Cardio	