

# Butterfly Life

## LIFE Vision Schedule

14303 FM 2920, Suite F

Tomball, TX 77377

832-422-1354

Month: July

M-TH 8am-2pm and 4pm-8pm, Fridays Close at 6:30pm

Saturdays 8- noon

Time	Type of Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM	Sculpt Classes	Core Challenge	ABC- Arms, Back and Chest	ABC- Arms, Back and Chest	Core Challenge	Core Challenge	ABC- Arms, Back and Chest
8:30AM	Cardio Classes	Easy Kick and Jab	Step and Lo Combo	Step and Lo Combo	Easy Kick and Jab	Easy Kick and Jab	Step and Lo Combo
9:00AM	Mind/Body Classes	Pilates on the Floor	Yoga- Mid Section	Pilates on the Floor	Stretch and Sculpt Yoga	Stretch and Sculpt Yoga	Stretch and Sculpt Yoga
9:30AM	Cardio	Ultimate Cardio Ball	Athletic Step	Athletic Step	Ultimate Cardio Ball	Ultimate Cardio Ball	Athletic Step
10:00AM	Sculpt Classes	ABC- Arms, Back and Chest	Core Challenge	Core Challenge	ABC- Arms, Back and Chest	ABC- Arms, Back and Chest	Core Challenge
10:30AM	Cardio Classes	Live 1 hour step with Janelle	Ultimate Cardio Ball	Ultimate Cardio Ball	Ultimate Cardio Ball	Athletic Step	Ultimate Cardio Ball
11:00AM	Cardio Classes		Athletic Step	Athletic Step	Athletic Step	Step and Lo Combo	Exotic Fusion Belly Dance
11:30AM	Mind/ Body Classes	Yoga- Mid Section	Stretch and Sculpt Yoga	Stretch and Sculpt Yoga	Pilates on the Floor	Yoga- Mid Section	Yoga- Mid Section
12:00PM	Cardio Classes	Exotic Fusion Belly Dance	Easy Kick and Jab	Easy Kick and Jab	Exotic Fusion Belly Dance	Live 1 hr class By Janelle: Sculpting with free weights	Saturday the 19th, <b>9am-10am</b> Live 1 Hour class taught by Janelle Sculpting with free weights
12:30PM	Sculpt Classes	Core Challenge	Yoga- Mid Section	Core Challenge	Yoga- Mid Section		
1:00PM	Mind/Body Classes	Stretch and Sculpt Yoga	Pilates on the Floor	Yoga- Mid Section	Pilates on the Floor	Yoga- Mid Section	
1:30PM	Cardio	Ultimate Cardio Ball	Exotic Fusion Belly Dance	Exotic Fusion Belly Dance	Ultimate Cardio Ball	Ultimate Cardio Ball	

### FEATURED CLASSES THIS MONTH

<u>Cardio</u>
Ultimate Cardio Ball
Exotic Fusion Belly Dance
Easy Kick and Jab
Step and Lo Combo
Athletic Step

<u>Sculpting</u>
ABC- Arms, Back and Chest
Core Challenge

<u>Mind / Body</u>
Pilates on the Floor
Stretch and Sculpt Yoga
Yoga- Mid Section

Come experience your circuit like never before  
**BOOT CAMPS with Kellie**  
  
Wednesdays @10am  
Thursdays @ 6:30pm

4:00PM	Cardio	Easy Kick and Jab	Step and Lo Combo	Step and Lo Combo	Easy Kick and Jab	Easy Kick and Jab	
4:30PM	Mind/ Body Classes	Yoga- Mid Section	Stretch and Sculpt Yoga	Yoga- Mid Section	Stretch and Sculpt Yoga	Yoga- Mid Section	
5:00PM	Cardio Classes	Athletic Step	Exotic Fusion Belly Dance	Exotic Fusion Belly Dance	Athletic Step	Athletic Step	
5:30PM	Mind/Body Classes	Pilates on the Floor	Yoga- Mid Section	Pilates on the Floor	Yoga- Mid Section	Pilates on the Floor	
6:00PM	Sculpt Classes	Core Challenge	ABC- Arms, Back and Chest	ABC- Arms, Back and Chest	Core Challenge	Core Challenge	
6:30PM	Cardio Classes	Ultimate Cardio Ball	Easy Kick and Jab	Easy Kick and Jab	Ultimate Cardio Ball		
7:00PM	Cardio / Sculpt	Stretch and Sculpt Yoga	Core Challenge	Core Challenge	Yoga- Mid Section		
7:30PM	Mind Body / Sculpt	Yoga- Mid Section	Pilates on the Floor	Yoga- Mid Section	Pilates on the Floor		