

Butterfly Life

LIFE Vision Schedule

110846 S Memorial Dr
Tulsa, OK
918-394-5555

November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30AM	Stretch & Sculpt	BLT	Stretch & Sculpt	Core Challenge	BLT	Core Challenge	Sculpt classes
8:00AM	Ball & Mat Pilates	Discover Yoga	Pilates on the Floor	Discover Yoga	Pilates on the Floor	Ball & Mat Pilates	Mind Body classes
8:30AM	Cardioball Low	Variety Pack	Step It Up	Step It Up	Cardioball Low	Variety Pack	Cardio classes
9:00AM	Step It Up	Stretch & Sculpt	Cardioball Low	BLT	Step It Up	Stretch & Sculpt	Cardio / Sculpt
9:30AM	Stretch & Sculpt	Core Challenge	BLT	Core Challenge	Stretch & Sculpt	BLT	Sculpt classes
10:00AM	Cardioball Low	Variety Pack	Step It Up	Step It Up	Cardioball Low	Variety Pack	Cardio classes
10:30AM	Core Challenge	Step It Up	BLT	Cardioball Low	Stretch & Sculpt	Core Challenge	Cardio / Sculpt
11:00AM	Ball & Mat Pilates	Discover Yoga	Pilates on the Floor	Discover Yoga	Pilates on the Floor	Ball & Mat Pilates	Mind Body classes
11:30AM	Cardioball Low	Variety Pack	Step It Up	Step It Up	Cardioball Low	Variety Pack	Cardio classes
12:00	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice	Member's Choice	
FEATURED CLASSES THIS MONTH							
	<i>Cardio</i>		<i>Sculpting</i>		<i>Mind / Body</i>		<i>Lecture</i>
	Cardioball Low		Stretch & Sculpt		Ball & Mat Pilates		Goal Setting
	Step It Up		BLT		Discover Yoga		Sugar Beaters Fashion
	Variety Pack		Core Challenge		Pilates on the Floor		Renewed Image Motivation Self Sabotage
2:00PM	Step It Up	Stretch & Sculpt	Cardioball Low	BLT	Step It Up		Cardio / Sculpt
2:30PM	Ball & Mat Pilates	Discover Yoga	Pilates on the Floor	Discover Yoga	Pilates on the Floor		Mind Body classes
3:00PM	Cardioball Low	Variety Pack	Step It Up	Step It Up	Cardioball Low		Cardio classes
3:30PM	Step It Up	Stretch & Sculpt	Cardioball Low	BLT	Step It Up		Cardio / Sculpt
4:00PM	Stretch & Sculpt	Core Challenge	BLT	Core Challenge	Stretch & Sculpt		Sculpt classes
4:30PM	Ball & Mat Pilates	Pilates on the Floor	Ball & Mat Pilates	Discover Yoga	Pilates on the Floor		Mind Body classes
5:00PM	Cardioball Low	Variety Pack	Step It Up	Step It Up	Cardioball Low		Cardio classes
5:30PM	Step It Up	Stretch & Sculpt	Cardioball Low	BLT	Step It Up		Cardio / Sculpt
6:00PM	Ball & Mat Pilates	Pilates on the Floor	Ball & Mat Pilates	Discover Yoga	Pilates on the Floor		Mind Body classes
6:30PM	Cardioball Low	Variety Pack	Step It Up	Step It Up	Cardioball Low		Cardio classes