



BODITREE ZOOM CLASS SCHEDULE APRIL 6 - 11, 2020

Register
online or
by phone

Receive
class link
by email

Find a
space to
workout

Click link
to join
class!

Single Class: \$20.00 • 10 pack Classes: \$150.00 • Sign up Online, by Phone or Email

First class free for all Boditree clients! To register, simply sign up via Mindbody online.

Privates and duets online are 25% off normal rates while the studio must remain closed. Please book your Private or Duet via Mindbody with the instructor of your choice. Let us ensure you stay fit and integrated whilst stuck at home...it has never been more important to look after yourself!

Next week sees 45 classes being offered via the Zoom platform (free for you at www.zoom.us).

By signing up for these classes you are not only doing your part to stay healthy, you are also supporting our Boditree staff by keeping them employed doing what they love, so please sign up!

At \$15 per class you have nothing to lose, and plenty to gain –
INCREASED MOBILITY AND STRENGTH.

Feel free to email Boditree for assistance at boditree@telus.net or call at 604-736-2634. We can help you register and explain all the details. **Plus, remember, once you register, we will credit your account with a free class!** See the next pages for your weekly menu of offerings.

*With thanks,
Risa and the Boditree Team*

*boditree@telus.net
604-736-2634
www.boditreepilates.ca*

(ps this week's schedule is online and was emailed to you a few days ago !)



VIRTUAL CLASS SCHEDULE : APRIL 6-11, 2020 - PAGE 1

Monday, April 6

8:00am	Restorative Matwork	Linda
9:00 am	Restorative Matwork	Caitlin
10:00am	Restorative Matwork	Caitlin
11:00am	Intermediate Matwork	Elsa
12:00pm	Intermediate Matwork	Caitlin
1:00pm	Boditree Stretch	Linda
3:00pm	Restorative Matwork	Elsa
5:00pm	Intermediate Matwork	Elsa
6:00pm	Fletcher Floorwork	Risa

Tuesday, April 7

8:00am	Restorative Matwork	Caitlin
9:00am	Intermediate Matwork	Caitlin
10:30am	Intermediate Matwork	Caitlin
12:00pm	Fletcher Floorwork	Risa
1:00pm	Restorative Matwork	Caitlin
3:00pm	Restorative Matwork	Elsa
5:00pm	Restorative Matwork	Elsa
6:00pm	Fletcher Floorwork	Risa

Wednesday, April 8

8:00am	Restorative Matwork	Linda
9:00am	Intermediate Matwork	Caitlin
10:00am	Restorative Matwork	Linda
12:00pm	Restorative Matwork	Caitlin
1:00pm	Intermediate Matwork	Risa
4:00pm	Boditree Stretch	Elsa
5:00pm	Restorative Matwork	Elsa



VIRTUAL CLASS SCHEDULE : APRIL 6-11, 2020 - PAGE 2

Thursday, April 9

8:00am	Restorative Matwork	Caitlin
9:00am	Intermediate Matwork	Caitlin
10:00am	Restorative Matwork	Elsa
11:00am	Restorative Matwork	Caitlin
12:00pm	Intermediate Matwork	Caitlin
1:00pm	Fletcher Floorwork	Risa
4:00pm	Restorative Matwork	Elsa
5:00pm	Intermediate Matwork	Elsa
6:00pm	Fletcher Floorwork	Risa

Friday, April 10

8:00am	Restorative Matwork	Linda
9:00am	Restorative Matwork	Caitlin
10:00am	Intermediate Matwork	Elsa
11:00am	Boditree Stretch	Linda
12:00pm	Intermediate Matwork	Caitlin
3:00pm	Restorative Matwork	Elsa
5:00pm	Intermediate Matwork	Risa

Saturday, April 11

9:00am	Restorative Matwork	Caitlin
10:00am	Intermediate Matwork	Caitlin
11:00am	Fletcher Floorwork	Risa
12:00pm	Intermediate Matwork	Caitlin
2:00pm	Boditree Stretch	Risa