



VIRTUAL CLASS SCHEDULE: MAY 3–AUG 29, 2021

DAY / TIME	CLASS TYPE	INSTRUCTOR
Mondays 5:30 pm	GYROKINESIS	Lorissa (Alberta, Canada)
Tuesdays 10:30am	Integrate Matwork	Konner (Arizona, USA)
Wednesday 9:30 am	Integrate Matwork	Jaime (Quebec, Canada)
Thursdays 10:30 am	Integrate Matwork	Konner (Arizona, USA)
Saturdays, 10:30 am	GYROKINESIS	Lorissa (Alberta, Canada)
Sundays, 10:00 am	Integrate Matwork	Konner (Arizona, USA)

All Boditree Virtual Instructors are also available for virtual private sessions.

To book in, please see reception or email the studio. See you in class!

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