

LIFEHOUSE BODY & SOUL



CARDIO – TONING – PILATES – BARRE – YOGA – MEDITATION



LIFEHOUSE BODY & SOUL

FREE WEEK OF THE PRACTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:30-8:45AM
STRONG/YOGA/
MEDITATION

7:30-8:45AM
ZUMBA/TONING/
MEDITATION

7:30-8:45AM
HIGH/PILATES/
MEDITATION

7:30-8:45AM
TABATA/YOGA/
MEDITATION

Expires August 11th.

COME SEE HOW OUR ONE-OF-A-KIND PRACTICE CAN
HELP YOU BE YOUR BEST IN EVERY WAY