


## Camille's Body Shop Studio

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# January 2022

| Sun  | Mon   | Tue   | Wed  | Thu   | Fri   | Sat   |
|--|---|---|--|---|---|---|
| <b>Camille's Virtual Class Pricing</b><br>\$5 drop-in<br>\$50 for unlimited/ mo<br>Video Access Included | <b>Monday Eve Yoga w/ Kathy Archangeli</b><br>Mondays @ 7 pm<br>\$50 for January<br>Live or Virtual<br>\$15 Drop In | <b>Thursday AM Yoga w/ Kathy Archangeli</b><br>Thurs @ 8 am<br>\$40 for January<br>Live/Virtual<br>Half off 2nd Session | <b>Yamuna:</b><br>\$60 for 4 classes<br>\$17 drop-in<br>Feldenkrais:<br>\$12 drop-in<br>\$80 / 8 classes |   |  | 1 Yamuna Class<br>10:30<br>Happy New Year!!   |
| 2<br>6:30 pm Yamuna w/ Kristi  | 3<br>8 am H.I.I.T.<br>9:15 Basic Pilates w/ Camille<br>7 pm Yoga w/ Kathy   | 4<br>8 am Pilates Core w/ Camille   | 5<br>8 am Cardio Dance w/ Camille  | 6<br>8 am Yoga w Kathy<br>9 am H.I.I.T. w/ Camille<br>6 pm Yamuna<br>Kristi C's B-Day   | 7<br>8 am Cardio Fit<br>NO Pilates  | 8<br>Feldenkrais 10 am<br>Yamuna Class 10:30  |
| 9<br>6:30 pm Yamuna w/ Kristi  | 10<br>8 am H.I.I.T.<br>9:15 Basic Pilates w/ Camille<br>7 pm Yoga w/ Kathy  | 11<br>8 am Pilates Core w/ Camille<br>Gretchen A's B-Day  | 12<br>8 am Cardio Dance w/ Camille<br>Happy B Cindy L.   | 13<br>8 am Yoga w Kathy<br>9 am H.I.I.T. w/ Camille<br>6 pm Yamuna                      | 14<br>8 am Cardio Fit<br>9:15 Basic Pilates w/ Camille<br>Happy B-Day Amy H         | 15<br>Feldenkrais 10 am<br>Yamuna Class 10:30 |
| 16<br>6:30 pm Yamuna w/ Kristi<br>Tiffany's B-day  | 17<br>8 am H.I.I.T.<br>9:15 Basic Pilates w/ Camille<br>7 pm Yoga w/ Kathy  | 18<br>8 am Pilates Core w/ Camille  | 19<br>8 am Cardio Dance w/ Camille   | 20<br>8 am Yoga w Kathy<br>9 am H.I.I.T. w/ Camille<br>6 pm Yamuna<br>Karen D's B-Day   | 21<br>8 am Cardio Fit<br>9:15 Basic Pilates w/ Camille                              | 22<br>Feldenkrais 10 am<br>Yamuna Class 10:30 |
| 23<br>6:30 pm Yamuna w/ Kristi   | 24<br>8 am H.I.I.T.<br>9:15 Basic Pilates w/ Camille<br>7 pm Yoga w/ Kathy  | 25<br>8 am Pilates Core w/ Camille  | 26<br>8 am Cardio Dance w/ Camille   | 27<br>8 am Yoga w Kathy<br>9 am H.I.I.T. w/ Camille<br>6 pm Yamuna<br>Vickie H.'s B-Day | 28<br>No Classes<br>Spencer Mike & Phil   | 29<br>Feldenkrais 10 am<br>Yamuna Class 10:30 |
| 30<br>6:30 pm Yamuna w/ Kristi   | 31<br>8 am H.I.I.T.<br>9:15 Basic Pilates w/ Camille<br>7 pm Yoga w/ Kathy  |   |  |   |   |   |