

# ARTISTIC BODY DEVELOPMENT

520 CHEROKEE ST. DENVER, CO. 80204 303-825-5980  
artisticbodydevelopment.com

## Class Schedule and Rates

### Class Times All myopatterning except where noted

### Class Rates

#### Monday

9:00 - 10:30 am  
10:30 - 12:00 pm  
3:00 - 4:30 pm  
4:30 - 6:00 pm  
6:10 - 7:40 pm

#### Tuesday

7:00 - 8:30 am  
9:00 - 10:30 am **Advanced**  
4:30 - 6:00 pm  
6:10 - 7:40 pm  
9:30 - 11:00 am  
5:30 - 7:00 pm  
7:00 - 8:30 pm

#### Wednesday

6:60 - 8:00 am  
9:30 - 11:00 am  
11:00 - 12:30 pm  
4:30 - 6:00 pm  
6:00 - 7:30 pm  
8:00 - 9:00 fb

#### Thursday

7:00 - 8:30 am  
9:30 - 11:00 am  
3:00 - 4:30 pm  
4:30 - 6:00 pm  
6:10 - 7:40 pm  
5:30 - 7:00 pm

#### Friday

9:00 - 10:30 am **Advanced**  
11:00 - 12:30 pm  
4:30 - 6:00 pm  
9:30 - 11:00 am

#### Saturday

8:00 - 9:30 am  
9:30 - 11:00 am  
11:00 - 12:30 pm  
9:15 - 10:45 am **Advanced**  
1:00 - 2:00 pm fb

#### Sunday

9:00 - 10:30 am  
10:30 - 12:00 pm  
9:15 - 10:45 am

(per month)

1 Myopatterning class/wk-----\$46.00  
2 Myopatterning classes/wk-----\$86.00  
3 Myopatterning classes/wk----- \$122.00

1 Floorbarre class/wk----- \$42.00  
2 Floorbarre classes/wk----- \$68.00

1 Myopatterning + 1 Floorbarre class/wk ----- \$72.00  
1 Myopatterning + 2 Floorbarre classes/wk-----\$86.00  
2 Myopatterning + 1 Floorbarre classes/wk-----\$102.00  
2 Myopatterning + 2 Floorbarre classes/wk-----\$112.00

Single Myopatterning class-----\$13.00  
Single Floorbarre class-----\$12.00

**fb: Floorbarre stretch class**

**Advanced: Work on the more difficult exercises. Higher degree of proficiency in myopatterning required.**