

bodi≡d

MONDAY MOTIVATION: STRENGTH TRAINING

**START YOUR MONDAY OFF RIGHT WITH A
45-MIN WORK OUT LED BY BODIED DENVER, FOLLOWED BY...**

**HANDCRAFTED MATCHA
BY MATCHASANYA
FOR PURCHASE**



**COMPLIMENTARY
SNACKS FOR POST-
WORKOUT RECOVERY**

**SCAN QR CODE
TO RSVP**



**SPOTS ARE
LIMITED!**

7:30 - 9:30 AM | MONDAY, APRIL 13 | STUDIO 6