



Group Pilates Reformer Schedule Fall (Nov.-Dec.) 2024

www.balanceforlifefitness.com | 651.415.9500 | 3555 Lexington Ave N Arden Hills 55126

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|--|
| 6-6:55 am All Levels Jairo | 6-6:55 am Foundation Reformer Jairo | 6-6:55 am All Levels Reformer Jairo | | 6-6:55 am Foundation Reformer Jairo | | |
| 7:05-8 am Foundation Reformer Jairo | 7:05-8 am All Levels Reformer Jairo | 7:05-8 am Foundation Reformer Jairo | | 7:05-8 am All Levels Reformer Jairo | 8-8:55 am Foundation Reformer Jairo | |
| | 9:00-9:55 am Foundation Reformer Daprice | 9:00-9:55 am Foundation Reformer Sage | 9-9:55 am All Levels Reformer Jairo | 9:00-9:55 am Intermediate Reformer Sage | 9 am-9:55 am Int./Advanced Reformer Daprice | 9:30-10:25 am All Levels Reformer Sage |
| 10:00-10:55 am All Levels Reformer Daprice | 11-11:55 am All Levels Reformer Abby | 10:05-11 am Intermediate Reformer Julie J | | 10:00-10:55 am Foundation Reformer Sage | 10:05-11 am All Levels Reformer Daprice | 10:35-11:30 am Intermediate Reformer Sage |
| 11:30 -12:25 Foundation Reformer Abby | | 12:05-1 pm Osteoporosis Reformer Series Class Julie J see CSR or website on how to enroll | 12:05-1 pm Foundation Reformer Liz | 12:05-1 pm Intermediate Reformer Julie J | 11:05-noon Foundation Reformer Jairo | 11:35-12:30 pm Foundation Reformer Sage |
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| 4:00-4:55 pm Foundation Reformer Sage | | 4:00-4:55 All Levels Reformer Jairo | | | | |
| 5:05-6 pm All Levels Reformer Sage | 5:00-5:55 pm Foundation Reformer Julie J | 5:05-6 pm Foundation Reformer Jairo | | | | |
| 6:05-7 pm All Levels Chair/Reformer Sage | | 6:05-7 pm Intermediate Reformer Jairo | | | | |
| | 7:10-8:05 pm Int./Advanced Reformer Julie J | | 7:05-8:00 pm Foundation Reformer Julie J & Julie G | | | |



*New to reformer? Please sign up first for our 6-week series class or schedule private sessions to be cleared for classes.