



## Group Fitness Class Fall Schedule (Sept-Nov) 2023

651.415.9500 [www.balanceforlifefitness.com](http://www.balanceforlifefitness.com) 3555 Lexington Ave N Arden Hills 55126

Hybrid, this means you can choose if you want to be in person at BFL or at home via ZOOM.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:30-9:25 am Strength and Yoga Stretch at BFL Jenny				
9:45-10:25 am Chair/Standing Yoga (not getting down on floor) at BFL Geraldine	9-9:40 am Chair/Standing Yoga (not getting down on floor) Hybrid Geraldine		9-9:40 am Chair/Standing Yoga (not getting down on floor) at BFL Stephanie	9-9:55 am Begin/Inter. Pilates Mat at BFL Julie J		
10:35-11:15 am Chair/Standing Yoga (not getting down on floor) at BFL Geraldine		10-10:55 am Beginner Pilates Mat at BFL Daprice	9:50-10:45 am Gentle Yoga at BFL Stephanie	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) at BFL Stephanie		10:30-11:25 am Beginner Strength and Yoga at BFL Donna  <hr style="width: 20%; margin: 0 auto;"/> 10:30-11:25 am Studio Equipment Class at BFL Gabriel
	Noon-12:55 pm Barre/Pilates Mat Fusion at BFL Abbe	12:30-1:25 Yoga/Pilates Mat Fusion at BFL Jenny	11-11:55 am Vinyasa Yoga at BFL Emily  <hr style="width: 20%; margin: 0 auto;"/> 12:15-1 pm Begin. Strength Chair/Standing (not getting down on floor) at BFL Emily	11-11:55 Hatha Yoga at BFL Stephanie	11:05- Noon Strength and Tone at BFL Rachel	
5:00-5:55pm Strength and Tone at BFL Abby		5:30-6:25 pm Strength and Tone at BFL Dawn	5:00-5:55 pm Begin/Inter. Pilates Mat Class w) props at BFL Julie J			
6:05-7 pm Hatha Yoga Hybrid Donna	6:05-7 pm Hatha Yoga at BFL Richard		6:05-7 pm Vinyasa Yoga at BFL Elena			
7:10-8:05 Yin Yoga Donna						

