



Spring 2022 Group Pilates Reformer Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:00-6:55 am Strengthen & Lengthen Reformer Kari			
8:30-9:25 am Core Challenge Reformer Kari				9:00-9:55 am Core Challenge Reformer Kari	8:55-9:50 am Core Challenge Reformer Daprice	9:30-10:25 am Foundation Reformer Alison
10:00-10:55 am Strengthen & Lengthen Reformer Daprice		10:05-11 am Strength & Lengthen Reformer Sharon		10:05-11:00 am Foundation Reformer Kari	10:00-10:55 am Strengthen & Lengthen Reformer Daprice	10:35-11:30 am Strengthen & Lengthen Reformer Alison
				12:05-1 pm Strengthen & Lengthen Reformer Julie J	11:05-Noon Foundation Reformer Daprice	12:35-1:30 pm All Levels Reformer Alison (must have taken 8+ Foundation classes)
4-4:55 pm Foundation Reformer Alison						
	5:00-5:55 pm Foundation Reformer Julie J		5:00-5:55 pm Strengthen & Lengthen Reformer Alison			
6:05-7:00 pm Strengthen & Lengthen Reformer Alison	6:05-7:00 pm Strengthen & Lengthen Reformer Alison	6:05-7:00 pm Strengthen & Lengthen Reformer Alison	6:05-7:00 pm Foundation Reformer Alison			
	7:10-8:05 pm Core Challenge Reformer Julie J	7:10-8:05 pm Foundation Reformer Alison				



*New to reformer? Please sign up first for our 7-week series class or schedule private sessions to be cleared for classes