



# Group Pilates Reformer Schedule Summer June-August

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

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Sunday   |
|---|--|--|---|--|---|--|
| 6-6:55 am<br>All Levels<br>Jairo  | 6-6:55 am<br>Foundation<br>Reformer<br>Jairo         | 6-6:55 am<br>All Levels<br>Reformer<br>Jairo                             | 6-6:55 am<br>Foundation<br>Reformer<br>Jairo          | 6-6:55 am<br>Foundation<br>Reformer<br>Jairo           |   |  |
| 7:05-8 am<br>All Levels<br>Reformer<br>Jairo                                | 7:05-8 am<br>All Levels<br>Reformer<br>Jairo         | 7:05-8 am<br>All Levels<br>Reformer<br>Jairo                             | 7:05-8 am<br>Intermediate<br>Reformer<br>Jairo        | 7:05-8 am<br>All Levels<br>Reformer<br>Jairo           | 8-8:55 am<br>Intermediate<br>Reformer<br>Jairo  |  |
| 9-9:55 am<br>Foundation<br>Reformer<br>Michelle                             | 9:00-9:55 am<br>Intermediate<br>Reformer<br>Daprice  |  | 9-9:55 am<br>All Levels<br>Reformer<br>Jairo          | 9:00-9:55 am<br>All Levels<br>Reformer<br>Jess         | 9 am-9:55 am<br>Int./Advanced<br>Reformer<br>Daprice  | 9:30-10:25 am<br>All Levels<br>Reformer<br>Jennifer    |
| 10:00-10:55 am<br>Intermediate<br>Reformer<br>Daprice                       |  | 10:05-11 am<br>Intermediate<br>Reformer<br>Julie J                       |   | 10-10:55 am<br>Foundation<br>Reformer<br>Jess          | 10:05-11 am<br>Intermediate<br>Reformer<br>Daprice  | 10:35-11:30 am<br>Intermediate<br>Reformer<br>Jennifer |
| 11:30 -12:25<br>Foundation<br>Reformer<br>Abby                              | 11-11:55 am<br>All Levels<br>Reformer<br>Abby        | 11:05-Noon<br>All Levels<br>Reformer<br>Jess                             | 11-11:55 am<br>Foundation<br>Reformer<br>Sam          | 11-11:55 am<br>Jump Reformer<br>Multi-Level<br>Julie J | 11:05-noon<br>All Levels<br>Reformer<br>Jairo   | 11:35-12:30 pm<br>Foundation<br>Reformer<br>Jennifer   |
| 12:35-1:30 pm<br>Pilates for<br>Back Care<br>Reformer<br>Level 1<br>Julie J |  | 12:05-1 pm<br>Pilates for<br>Back Care<br>Reformer<br>Level 2<br>Julie J | 12:05-1 pm<br>Foundation<br>Reformer<br>Liz           | 12:05-1 pm<br>Intermediate<br>Reformer<br>Julie J      | 12:05-1 pm<br>Foundation<br>Reformer<br>Sam<br><br>1:05-2 pm<br>All Levels<br>Reformer/Chair<br>Daprice |  |
| 4:00-4:55 pm<br>Intermediate<br>Reformer<br>Daprice                         |  | 4:00-4:55<br>All Levels<br>Reformer<br>Jairo                             | 4:00-4:55 pm<br>All Levels<br>Reformer<br>Jairo       |  |   |  |
| 5:05-6 pm<br>All Levels<br>Reformer<br>Jennifer                             | 5:00-5:55 pm<br>Foundation<br>Reformer<br>Julie J    | 5:05-6 pm<br>Foundation<br>Reformer<br>Jairo                             | 5:05-6 pm<br>Jump<br>Reformer<br>Multi-Level<br>Jairo |  |   |  |
| 6:05-7 pm<br>Foundation<br>Reformer<br>Jennifer                             | 6:05-7 pm<br>Foundation<br>Reformer<br>Jennifer      | 6:05-7 pm<br>Intermediate<br>Reformer<br>Jairo                           | 6:05-7 pm<br>All Levels<br>Reformer<br>Jairo          |  |   |  |
| 7:10-8:05 pm<br>Intermediate<br>Reformer<br>Jennifer                        | 7:10-8:05 pm<br>Int./Advanced<br>Reformer<br>Julie J | 7:10-8:05 pm<br>All Levels<br>Reformer<br>Jairo                          | 7:05-8:00 pm<br>Foundation<br>Reformer<br>Jairo       |  |   |  |

\*New to reformer? Please sign up first for our 6-week series class or schedule min. of 5 private sessions to be cleared for classes