




## Summer 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
8:30-9:25 am Core Challenge Reformer Kari	9:00-9:55 am Foundation Reformer Alex	9:00-9:55 am Jump Reformer Multi-Level* Geraldyn *must have completed 6+ Foundation classes		9:00-9:55 am Core Challenge Reformer Kari	9 am-9:55 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 Strengthen & Lengthen Reformer		10:05-11 am Foundation Reformer Kari	10:45-11:40 am All Levels Reformer* Daprice *Must have completed a min. 8+ Foundation Reformer classes	10:35-11:30 am Strengthen & Lengthen Reformer Alison
				12:05-1 pm Strengthen & Lengthen Reformer Julie J		
4:00-4:55 pm Foundation Reformer Alison						
5:00-5:55 pm Core Challenge Reformer Geraldyn	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 pm Strengthen & Lengthen Reformer Alison	6:05-7 pm Strengthen & Lengthen Reformer Alison	6:05-7 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