



Group Pilates Reformer Schedule Summer (June-Aug) 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 Reformer 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		
	9:00-9:55 am Foundation Reformer Daprice	9-9:55 am Foundation Reformer Sage	9-9:55 am All Levels Reformer Becky	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 Samantha
10:00-10:55 am All Levels Reformer Daprice		10:05-11 am Intermediate Reformer Julie J		10:05-11 am Foundation Reformer Sage	10:05-11 am All Levels Reformer Daprice	10:35-11:30 am Intermediate Reformer Samantha
				11:05-noon All Levels Reformer Samantha		
11:30-12:25 Intermediate Reformer Liz	11-11:55 am Foundation Reformer Becky		12:05-1 pm Foundation Reformer Liz	12:05-1 pm Intermediate Reformer Julie J	11:30-12:25 Foundation Reformer Samantha	11:35-12:30 pm Foundation Reformer Samantha
			1:05-2 pm All Levels Reformer & Chair Samantha			
4:00-4:55 pm Foundation Reformer Sage		4:00-4:55 pm All Levels Reformer Samantha				
5:30-6:25 pm All Levels Reformer Sage	5:00-5:55 pm Foundation Reformer Julie J	5:15-6:10 pm Foundation Reformer Samantha				
	6:05-7 pm All Levels Reformer Samantha	6:15-7:10 pm Intermediate Reformer Samantha	6:05-7 pm All Levels Reformer Sage			
	7:10-8:05 pm Int./Advanced Reformer Julie J		7:05-8:00 pm Foundation Reformer Rachel			
	7:10-8:05 All Levels Reformer & Chair (Private Pilates area) Samantha					



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