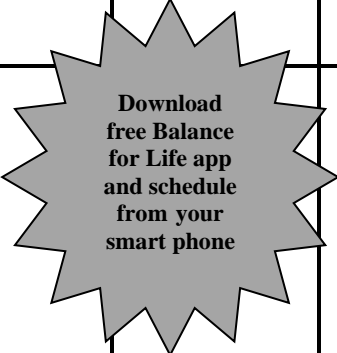




Group Pilates Reformer Schedule Fall 2023 (Sept-Nov)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00-9:55 am Foundation Reformer Daprice	9-9:55 am Jump Reformer Abbe		9:00-9:55 am Core Challenge Reformer Abbe	9 am-9:55 am Core Challenge Reformer Daprice	9:30-10:25 am All Levels Reformer* varies *Must have completed a min. 8+ Foundation Reformer classes Samantha & Abbe E/O week
10:00-10:55 am All Levels Reformer* Daprice *Must have completed a min. 8+ Foundation Reformer classes		10:05-11 am Strengthen & Lengthen Reformer Julie J	10:05-11 am All Levels Reformer* Becky *Must have completed a min. 8+ Foundation Reformer classes	10:05-11 am Foundation Reformer Becky	10:05-11 am All Levels Reformer* Daprice *Must have completed a min. 8+ Foundation Reformer classes	10:35-11:30 am Strengthen & Lengthen Reformer Samantha & Abbe E/O week
	12:05-1 pm All Levels Reformer* Becky *Must have completed a min. 8+ Foundation Reformer classes		12:05-1 pm Foundation Reformer Liz	12:05-1 pm Strengthen & Lengthen Reformer Julie J		11:35-12:30 pm Foundation Reformer Samantha & Abbe E/O week
4:00-4:55 pm Foundation Reformer Abbe			4:00-4:55 pm Strengthen & Lengthen Julie J			
5:30-6:25 pm Strengthen & Lengthen Reformer Abbe	5:00-5:55 pm Foundation Reformer Julie J	5:15-6:10 pm Foundation Reformer Samantha	5:05-6 pm Jump Reformer Abbe			
6:35-7:30 pm All Levels Reformer* Abbe *Must have completed a min. 8+ Foundation Reformer classes	6:05-7 pm All Levels Reformer* Samantha *Must have completed a min. 8+ Foundation Reformer classes	6:15-7:10 pm Strengthen & Lengthen Reformer Samantha	6:05-7 pm Foundation Reformer Abbe			
	7:10-8:05 pm Core Challenge Reformer Julie J		7:05-8:00 pm Foundation Reformer Rachel			

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