




Spring 2022 Group Fitness Class Schedule

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

*If a class says hybrid this means you can choose if you want to be in person at BFL or at home via ZOOM. Make sure to select the correct one. The camera will only be on the instructor no other participants in that class at BFL will be seen. If you are doing a ZOOM class, you will get the ZOOM link the morning of the class. If it says at BFL, then that class is only offered in person.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9-9:40 am Chair/Standing Yoga (not getting down on floor) Hybrid Geraldine	8:30-9:25 am Strength and Yoga Stretch Hybrid Alex	9-9:40 am Chair/Standing Yoga (Not getting down on floor) Hybrid Lillyvette	9-9:55 am Begin/Inter. Pilates Mat at BFL Julie J	9-9:55 am Hatha Yoga Hybrid Carrie	
		10-10:55 am Beginner Pilates Mat at BFL Daprice	9:50-10:45 am Gentle Yoga Hybrid Lillyvette	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) at BFL Stephanie	10:05-11 am Vinyasa at BFL Stephanie	10:30-11:25 am Hatha Yoga Hybrid Colleen
11:05-noon Strength and Yoga Stretch Hybrid Lillyvette	12:15-1:10 pm Balance & Posture Hybrid Alex	12:30-1:25 Vinyasa Yoga at BFL Jenny		11-11:55 Hatha Yoga at BFL Stephanie	11:05-Noon Strength and Tone at BFL Rachel	
			4:00-4:55 pm No Flexion Pilates Class Hybrid Julie J			3:30-4:25 Yoga/Pilates Mat Fusion at BFL Alex
5:00-5:55pm Strength and Tone Hybrid Alex	5:00-5:55 pm Tantra Yoga at BFL Stephanie		5:00-5:55 pm Begin/Inter. Pilates Mat Class w) props at BFL Julie J			4:30-5:25 pm Studio Equipment Class at BFL Alex
6:05-7 pm Hatha Yoga Hybrid Stephanie	6:05-7 pm Hatha Yoga Hybrid Nicole	6:05 -7 pm Strength and Tone Hybrid Alex	6:05-7 pm Vinyasa Yoga Hybrid Lillyvette			
	7:10-8:05 pm Yin Yoga Hybrid Nicole	7:10-8:05 pm Yoga/Pilates Mat Fusion at BFL Alex	7:10-8:05 pm Yin Yoga Hybrid Lillyvette			

