



Group Fitness Class Winter (Jan-Feb) 2024

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

Hybrid, this means you can choose if you want to be in person at BFL or at home via ZOOM.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:30-9:25 am Strength and Yoga Stretch at BFL Jenny				
9:45-10:25 am Chair/Standing Yoga (not getting down on floor) at BFL Geraldine	9-9:40 am Chair/Standing Yoga (not getting down on floor) Hybrid Geraldine		9-9:40 am Chair/Standing Yoga (not getting down on floor) at BFL Stephanie	9-9:55 am Begin/Inter. Pilates Mat at BFL Julie J	9-9:55 am Hatha Yoga at BFL Carrie	
10:35-11:15 am Chair/Standing Yoga (not getting down on floor) at BFL Geraldine	9:50-10:45 am Gentle Yoga at BFL Geraldine	10-10:55 am Beginner Pilates Mat at BFL Daprice <hr/> 11:05-11:45 am Chair/Standing Yoga (Not getting down on floor) at BFL Donna	9:50-10:45 am Gentle Yoga at BFL Stephanie	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) at BFL Stephanie		10:30-11:25 am Beginner Strength and Yoga at BFL Donna <hr/> 10:30-11:25 am Studio Equipment Class at BFL Gabriel
		12:30-1:25 pm Yoga/Pilates Mat Fusion at BFL Jenny	11-11:55 am Vinyasa Yoga at BFL Emily <hr/> 12:15-1 pm Begin. Strength Chair/Standing (not getting down on floor) at BFL Emily	11-11:55 am Hatha Yoga at BFL Stephanie	11:05-Noon Strength and Tone at BFL every other week Rachel and Tara	12:40-1:35 pm Yin Yoga at BFL Donna
5:00-5:55pm Strength and Tone at BFL Abby		5:30-6:25 pm Strength and Tone at BFL Dawn	5:00-5:55 pm Begin/Inter. Pilates Mat Class w) props at BFL Julie J			
6:05-7 pm Hatha Yoga at BFL Donna	6:05-7 pm Hatha Yoga at BFL Richard		6:05-7 pm Strength and Tone at BFL Tara			
7:10-8:05 pm Yin Yoga Donna						

