Group Pilates Reformer Schedule Fall Oct-Dec 2026

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	6-6:55 am Foundation Reformer Jairo		
7:05-8 am All Levels Reformer Jairo	7:05-8 am All Levels Reformer Jairo	7:05-8 am All Levels Reformer Jairo	7:05-8 am Intermediate Reformer Jairo	7:05-8 am All Levels Reformer Jairo	8-8:55 am Intermediate Reformer Jairo	
9-9:55 am Foundation Reformer Michelle			9-9:55 am All Levels Reformer Jairo	9:00-9:55 am All Levels Reformer Jess	9 am-9:55 am Int./Advanced Reformer Daprice	9:30-10:25 am All Levels Reformer Jennifer
10:00-10:55 am Intermediate Reformer Daprice	10-10:55 All Levels Reformer Michelle	10:05-11 am Intermediate Reformer Julie J		10-10:55 am Foundation Reformer Jess	10:05-11 am Intermediate Reformer Daprice	10:35-11:30 am Intermediate Reformer Jennifer
11:30 -12:25 Foundation Reformer Jess	11-11:55 am All Levels Reformer Abby	11:05-Noon All Levels Reformer Jess	11-11:55 am Foundation Reformer Sam	11-11:55 am Jump Reformer Multi-Level Julie J	11:05-noon All Levels Reformer Jairo	11:35-12:30 pm Foundation Reformer Jennifer
12:35-1:30 pm Pilates for Back Care Reformer Level 1 Julie J		12:05-1 pm Pilates for Back Care Reformer Level 2 Julie J	12:05-1 pm Foundation Reformer Liz	12:05-1 pm Intermediate Reformer Julie J	12:05-1 pm Foundation Reformer Sam	
4:00-4:55 pm Intermediate Reformer Daprice		4:00-4:55 All Levels Reformer Jairo	4:00-4:55 pm Intermediate Reformer Jairo			
5:05-6 pm All Levels Reformer Jennifer	5:00-5:55 pm Foundation Reformer Julie J	5:05-6 pm Foundation Reformer Jairo	5:05-6 pm Jump Reformer Multi-Level Jairo			
6:05-7 pm Foundation Reformer Jennifer	6:05-7 pm Foundation Reformer Jennifer	6:05-7 pm Intermediate Reformer Jairo	6:05-7 pm All Levels Reformer Jairo			
7:10-8:05 pm All Levels Reformer Jennifer	7:10-8:05 pm Int./Advanced Reformer Julie J	7:10-8:05 pm All Levels Reformer Jairo	7:05-8:00 pm Foundation Reformer Jairo			

Download free Balance for Life app and schedule from your smart phone

*New to reformer? Please sign up first for our 6-week series class or schedule min. of 5 private sessions to be cleared for classes