

Class Schedule May 2018

Balanced Energy Studios

PILATES & YOGA

Morning Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00		Reformer	Reformer	Reformer	Reformer		
6:30		6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00		
7:00							
7:30							
8:00						Yoga	
8:30						7:45 - 8:45	
9:00						Reformer	
9:30	Mat Pilates w/Props		Reformer		Reformer	9:00 - 10:00	
10:00	9:30 - 10:30		9:30 - 10:30		9:30 - 10:30	Reformer	
10:30		Reformer		Reformer		10:00 - 11:00	
11:00		10:30 - 11:30		10:30 - 11:30			
11:30							
12:15							

Evening Schedule

5:00	Reformer	Cardio Reformer		Cardio Reformer			
5:30	5:00 - 6:00	5:00 - 6:00		5:00 - 6:00			
6:00	Reformer	Reformer	Reformer	Reformer			
6:30	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00			
7:00							
7:15	Yoga	Beg Yoga	Yoga	Guided Meditation	Beg Yoga*	* Friday Beg Yoga is Subject to Cancellation Check On-Line	
8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15		

