

Class Schedule July 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 | Beg Yoga | | | |
| 8:15 | 7:15 - 8:15 | 7:15 - 8:15 | 7:15 - 8:15 | 7:15 - 8:15 | | | |

