

FALL SCHEDULE 2017 B a l a n s S t u d i o

Monday

8:30am – 9:20am **Hatha Yoga** - Rosemary (50min)

9:35am – 10:25am **Barre** - Bridgetta (50min)

4:30pm – 5:20pm **Pilates Mat** - Donna (50min)

5:35pm – 6:20pm **TRX** - Donna (45min)

6:35pm – 7:30pm **Hatha Flow Yoga** - Brandi (55min)

Tuesday

8:15am – 9:00am *Camp* - Donna (45min)

9:15am – 10:05am **Pilates Mat** - Donna (50min)

12:15pm – 1:00pm **Lunchtime Yoga** - Josefin (45min)

3:30pm – 4:15pm **Yoga Sculpt**- Josefin (45min)

4:30pm – 5:20pm **Barre Fusion** - Josefin (50min)

5:35pm – 6:20pm **TRX Sculpt** - Debbie (45min)

6:35pm – 7:30pm **Hatha Flow Yoga** - Debbie (55min)

Wednesday

8:30am – 9:20am **Barre** - Bridgetta (50min)

9:35am – 10:25am **Hatha Flow Yoga** - Debbie (50min)

3:30pm – 4:15pm **Barre Fusion** - Josefin (45min)

4:30pm – 5:20pm **Hatha Yoga** - Josefin (50min)

5:35pm – 6:25pm **Pilates Mat** - Donna (50min)

6:40pm – 7:30pm **TRX** - Donna (50min)

Thursday

8:15am – 9:00am *Camp* - Donna (45min)

9:15am – 10:05am **Pilates Mat** - Donna (50min)

12:15pm – 1:00pm **Lunchtime Barre Fusion** - Josefin (45min)

4:30pm – 5:20pm **Barre** - Bridgetta (50min)

5:35pm - 6:25pm **Hatha Flow Yoga** - Josefin (50min)

6:35pm – 7:30pm **Yoga 'Sculpt'** - Josefin (55min)

Friday

8:30am - 9:20am **Hatha Yoga** - Rosemary (50min)

9:35am – 10:25am **TRX** - Donna (50min)

12:15pm – 1:00pm **Lunchtime Pilates Mat** - Donna

Saturday

8:00am – 8:55am **Hatha Yoga** - Brandi (55min)

9:10am – 10:05am **Hatha Flow Yoga** - Brandi (55min)

Sunday

8:00am – 8:55am **Hatha Flow Yoga** - Catherine (55min)

9:10am – 10:05am **Barre** - Bridgetta (55min)

