

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)

4:05pm – 4:55pm **Pilates Mat** - Donna (50min)

5:10pm – 6:00 pm **TRX** - Donna (50min)

6:15pm – 7:10pm **Hatha Flow Yoga** - Brandi (55min)

Tuesday

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

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

12:15pm – 1:05pm **Lunchtime Yoga** - Josefin (50min)

4:05pm – 4:55pm **Barre Fusion** - Josefin (50min)

5:10pm – 6:00pm **TRX Sculpt** - Debbie (50min)

6:15pm – 7:10pm **Hatha Flow Yoga** - Debbie (55min)

Wednesday

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

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

4:05pm – 4:55pm **Barre Fusion** - Josefin (50min)

5:10 pm – 6:00pm **Pilates Mat** - Donna (50min)

6:15pm– 7:10pm **TRX** - Donna (55min)

Thursday

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

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

4:05pm – 4:55pm **Barre** - Bridgetta (50min)

5:10pm - 6:00pm **Hatha Flow Yoga** - Josefin (50min)

6:15pm – 7:10pm **Yoga 'Sculpt'** - Josefin (55min)

Friday

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

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

12:15pm – 1:05pm **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)

