

# Balanced Fitness Studio—FALL Schedule (Sept 7—Dec 18)

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>8:30 am</b>		Reformer <i>Level 1</i>		Apparatus <i>Level 1</i>	Reformer <i>Level 2</i>	Reformer <i>Level 1</i>
<b>9:30 am</b>	Yoga Flow	Apparatus <i>Level 1</i>	Power Yoga	Reformer <i>Level 1</i>	Apparatus <i>Level 1</i>	Apparatus <i>Basic</i>
<b>10:30 am</b>	Pilates Mat <i>Level 1</i>	Learn to Run	Cardio Pilates	Pilates Mat <i>Level 1</i>	Learn to Run	Pilates Mat <i>Basic</i>
<b>6:00 pm</b>	Reformer <i>Level 2</i>	Reformer <i>Level 1</i>	Apparatus <i>Level 1</i>	Reformer <i>Level 1</i>		
<b>7:00 pm</b>	Apparatus <i>Basic</i>	Reformer <i>Basic</i>	Reformer <i>Level 2</i>	Apparatus <i>Level 1</i>		
<b>8:00 pm</b>	Reformer <i>Basic</i>	Apparatus <i>Level 1</i>	Apparatus <i>Basic</i>	Reformer <i>Basic</i>		
<b>8:00 pm</b>	Yoga Flow			Pilates Mat <i>Level 1</i>		