

Balanced Fitness Studio—Spring Schedule (Mar 15—May 22)

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30 am		Reformer Level 1		Apparatus Basic	Reformer Level 2	Reformer Level 1
9:30 am		Apparatus Level 1		Reformer Level 1	Apparatus Basic	Apparatus Basic
10:30 am	Reformer Level 1 (1 pm)					
5:00 pm	Reformer Basic					
6:00 pm	Reformer Level 2	Reformer Level 1		Reformer Level 1	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><i>3rd Class is Half Price!</i></p> <hr style="width: 20%; margin: 5px auto;"/> <p><i>Complimentary Fitness Assessment with Registration</i></p> </div>	
7:00 pm	Apparatus Basic	Reformer Basic	Reformer Level 2	Apparatus Level 1		
8:00 pm		Apparatus Level 1	Apparatus Level 1			

Studio Hours: Mon–Sat. 8:30—11:30 am / Mon-Thurs 6—9 pm
Closed Sunday & Holidays / Private training by appointment.