

Balanced Fitness Studio—WINTER Schedule (Jan 4—Mar 26)

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30 am	Reformer Level 1	Reformer Level 1	Apparatus Level 2	Apparatus Level 1	Reformer Level 2	Reformer Level 2
9:30 am	Apparatus Basic	Apparatus Level 1	Pilates Mat Basic	Reformer Level 1	Apparatus Level 1	Apparatus Level 1
10:30 am	Cardio Pilates		Cardio Pilates	Pilates Mat Basic		Reformer Basic
5:00 pm	TBA	TBA	TBA	TBA	<i>No pre-requisite for classes in bold type</i>	
6:00 pm	Reformer Level 2	Reformer Level 1	Apparatus Level 2	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 Level 1	Reformer Level 2	Reformer Level 1	Apparatus Level 2		
8:00 pm	Reformer Basic	Apparatus Basic	Apparatus Basic	Reformer Basic		

Closed Sunday & Holidays / Private training by appointment.

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