




Group Pilates Reformer Schedule Winter (Jan-Feb 2025)

www.balanceforlifefitness.com | 651.415.9500 | 3555 Lexington Ave N Arden Hills 55126

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:55 am All Levels Jairo	6-6:55 am Foundation Reformer Jairo	6-6:55 am All Levels Reformer Jairo	6-6:55 am All Levels Reformer Jairo	6-6:55 am Foundation Reformer Jairo		
7:05-8 am Foundation Reformer Jairo	7:05-8 am All Levels Reformer Jairo	7:05-8 am Foundation Reformer Jairo	7:05-8 am Intermediate Reformer Jairo	7:05-8 am All Levels Reformer Jairo	8-8:55 am All Levels Reformer Jairo	
	9:00-9:55 am Foundation Reformer Daprice	9:00-9:55 am Foundation Reformer Sage	9-9:55 am All Levels Reformer Jairo	9:00-9:55 am Intermediate Reformer Sage	9 am-9:55 am Int./Advanced Reformer Daprice	9:30-10:25 am All Levels Reformer Sage
10:00-10:55 am Intermediate Reformer Daprice	11-11:55 am All Levels Reformer Abby	10:05-11 am Intermediate Reformer Julie J		10:05-11 am Foundation Reformer Sage	10:05-11 am Intermediate Reformer Daprice	10:35-11:30 am Intermediate Reformer Sage
11:30 -12:25 Foundation Reformer Abby		12:05-1 pm Osteoporosis Reformer Series Class Julie J see CSR or website on how to enroll	12:05-1 pm Foundation Reformer Liz	12:05-1 pm Intermediate Reformer Julie J	11:05-noon Foundation Reformer Jairo	11:35-12:30 pm Foundation Reformer Sage
4:00-4:55 pm Foundation Reformer Sage		4:00-4:55 All Levels Reformer Jairo	4:00-4:55 pm Foundation Reformer Jairo			
5:05-6 pm All Levels Reformer Sage	5:00-5:55 pm Foundation Reformer Julie J	5:05-6 pm Foundation Reformer Jairo	5:05-6 pm Intermediate Reformer Jairo			
		6:05-7 pm Intermediate Reformer Jairo	6:05-7 pm All Levels Reformer Jairo			
	7:10-8:05 pm Int./Advanced Reformer Julie J	7:10-8:05 pm Foundation Reformer Jairo	7:05-8:00 pm Foundation Reformer Jairo			

*New to reformer? Please sign up first for our 6-week series class or schedule private sessions to be cleared for classes.