

# Balanced Fitness Studio - Winter Schedule (Jan 3 - Mar 17)

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>8:30 am</b>	Reformer Intermediate -Andrea	Reformer <i>Intermediate</i> -Shannon	Apparatus Beginner -Shannon	Apparatus <i>Intermediate</i> -Shannon	Reformer <i>Mixed level</i> -Shannon	Reformer <i>Beginner</i> -Rachael <b>9:00 am</b>
<b>9:30 am</b>	Reformer Beginner -Andrea	Apparatus <i>Mixed level</i> -Shannon	Reformer Intermediate -Shannon	Reformer <i>Intermediate</i> -Shannon	Apparatus <i>Beginner</i> -Shannon	Yoga Flow -Alison <b>9:00 am</b>
<b>10:30 am</b>	Pilates Mat -Andrea	<i>Yoga Flow</i> -Alison	Zumba Fitness -Jamilah	Yoga Flow -Alison	Zumba Fitness -Jamilah	<i>Reformer Intermediate</i> -Rachael <b>10:00am</b>
<b>6:00 pm</b>	Reformer <i>Mixed level</i> -Shannon	Reformer <i>Intermediate</i> -Jamilah	Apparatus <i>Beginner</i> -Shannon	Reformer <i>Intermediate</i> -Andrea	<div data-bbox="1451 992 1906 1203" style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>PRIVATE TRAINING</b> By appointment Call to reserve space</p> </div> <div data-bbox="1465 1263 1906 1490" style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>EARLY MORNING REFORMER CLASSES</b> Tues &amp; Thurs 6:00 am</p> </div>	
<b>7:00 pm</b>	Apparatus <i>Intermediate</i> -Shannon	Reformer <i>Beginner</i> -Jamilah	Reformer <i>Mixed level</i> -Shannon	Apparatus <i>Intermediate</i> -Andrea		
<b>8:00 pm</b>	Reformer Intermediate -Shannon	Apparatus <i>Intermediate</i> -Jamilah	<i>Yoga Flow</i> -Alison <b>8:15 pm</b>	Reformer <i>Beginner</i> -Andrea		