

# THE STUDIO AT PHYSICAL BALANCE WEEKLY SCHEDULE



	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>8-8:50AM</b> Semi-Private Reformer Pilates		<b>8-8:50AM</b> Semi-Private Reformer Pilates		<b>8:30-9:20AM</b> Semi-Private Reformer Pilates		
	<b>9-9:50AM</b> Private Reformer Pilates		<b>9-9:50AM</b> Semi-Private Reformer Pilates	<b>9.30-10:20AM</b> Private Reformer Pilates	<b>9.30-10:20AM</b> Private Reformer Pilates	<b>9-9:50AM</b> Mat Pilates	
	<b>10-10:50AM</b> Semi-Private Reformer Pilates		<b>10.30-11:20AM</b> Private Reformer Pilates	<b>10.30-10:20AM</b> Semi-Private Reformer Pilates		<b>10-11AM</b> Gentle Flow Hatha Yoga	
	<b>11-11:50AM</b> Private Reformer Pilates			<b>11.30-12:20PM</b> Private Reformer Pilates	<b>11-11:50AM</b> Semi-Private Reformer Pilates		
	<b>12:30-1:20PM</b> Semi-Private Reformer Pilates	<b>12-12:50PM</b> Semi-Private Reformer Pilates			<b>12-12:50PM</b> Semi-Private Reformer Pilates		
	<b>1:30-2:20PM</b> Private Reformer Pilates	<b>1-1:50PM</b> Semi-Private Reformer Pilates					
	<b>2:30-3:20PM</b> Private Reformer Pilates		<b>2:30-3:20AM</b> Semi-Private Reformer Pilates				
	<b>3:30-4:20PM</b> Private Reformer Pilates	<b>3-3:50PM</b> Private Reformer Pilates	<b>3:30-4:20PM</b> Private Reformer Pilates	<b>3-3:50PM</b> Semi-Private Reformer Pilates			
		<b>4-4:50PM</b> Semi-Private Reformer Pilates		<b>4-4:50PM</b> Semi-Private Reformer Pilates			
	<b>5-6PM</b> Beginner/Gentle Flow Yoga	<b>5:30-6:30PM</b> Gentle / Relaxation Yoga	<b>5:45-6:45PM</b> Gentle Flow Hatha Yoga	<b>5:50-6:50PM</b> Gentle Flow Hatha Yoga	<b>5:20-6:20PM</b> Gentle Flow Hatha Yoga		
	<b>6:15-7:05PM</b> Semi-Private Reformer Pilates				<b>6:30-7:30PM</b> Mat Pilates		
	<b>7:30-8:20PM</b> Mat Pilates	<b>7-7:50PM</b> Mat Pilates	<b>7-7:50PM</b> Mat Pilates				

Private Classes: If you are interested in booking a Private 1:1 Reformer Pilates class, please email [studio@physicalbalance.com](mailto:studio@physicalbalance.com) and we will be in touch as soon as possible.

