


CREATE BALANCE PILATES

In-Studio & Online Group Schedule:

November 1st - January 2nd, 2021/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am			Matwork FLOW Level II		Reformer Level II		
9:30am	Mat & SPRING WALL Combo! Level II	Reformer Level II	Reformer Level II	Mat & Reformer Combo Level II		Reformer with PROPS Level II	9am At-Home REFORMER
9:30 am	Flexion-FREE Matwork Level II	Foam Roller: Strength & Release Level II	Total BARRE & Fascial Fusion Level II		Mindful & Restorative Matwork 60 mins	Foam Roller: Strength & Release Level II	10am Reformer Level II-III 60 mins
10:30 am	Reformer Level II	Mat & SPRING WALL Combo! Level II	Reformer Level I-II	Reformer Level II	Reformer Level II-III	Reformer Level II	10am Matwork FLOW Level II
12:00 pm	SMALL GROUP TRAINING Level II	STABILITY CHAIR LEVEL II	SMALL GROUP TRAINING Level II	SMALL GROUP TRAINING Level I	 <p>STOTT PILATES®</p> <p><i>GET STARTED with Pilates:</i> Matwork Saturday November 6th Reformer Saturday November 13th *11:30am</p>		
2:00 pm		EXPRESS MAT! POWER FLOW 30 mins		EXPRESS MAT! Stretch Relief 30 mins			
4:30 pm				Reformer Level II			
6:30 pm	Reformer Level II	Mat & Reformer Combo Level II	Reformer Level II	6pm Reformer Level II			
7:00 pm	Sculpt & Tone: Glutes & ABS Level II		Reformer on the MAT! Level II				

■ **ONLINE Classes shaded in GREY.**

**All classes are 50 mins in length unless otherwise stated.*