2026 LifeBalance Pilates Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		9:00 AM		9:00 AM	9:00 AM
Reformer Level 1/2	9:30 AM	Reformer Level 1		Reformer Level 1	Reformer Level 1/2
	Reformer + Jump Board Level 2/3 + Jump Board				11:00 AM
			10:30 AM		Beginner Pilates
11:00 AM		11:00 AM	Mat/Oov Level 2/3		
Reformer Level 1	11:30 AM	Reformer Level 1	11:30 AM		
4:30 PM	Reformer Level 1	4:30 PM	Reformer Level 1	4:30 PM	
Pilates for Fellas		Reformer Level 1/2		Open Format MOTR- Level 2/3	
5:30 PM			5:30 PM		
Reformer Level 1/2			Beginner Pilates		

Beginner Pilates	Level 1	Perfect for new clients. Focuses on the foundations of Pilates; proper body mechanics, breathing, and core activation.
Reformer	Level 1	Must complete consultation and 3 privates before you are allowed to book group classes
Reformer	Level 1/2	Must complete consultation and 3 privates before you are allowed to book group classes
Open Format MOTR	Level 2/3	Challenging full body work out on the MOTR
Pilates for Fellas		Must complete consultation and 3 privates before you are allowed to book group classes.
Reformer & Jump Board	Level 2/3	This class is for seasoned pilates students and are able to perform them with appropriate breath, core connection and proper body mechanics.
Mat/Oov	Level 2/3	Mat/Oov-Level 2/3