

2026 LifeBalance Pilates Schedule

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

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