

2026 LifeBalance Pilates Schedule

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | Beginner Pilates | Level 1 | Perfect for new clients. Focuses on the foundations of Pilates; proper body mechanics, breathing, and core activation. |
|--------------------|--|--------------------|-------------------------|-----------------------------|-------------------------|-----------------------|-----------|--|
| <u>9:00 AM</u> | | <u>9:00 AM</u> | | <u>9:00 AM</u> | <u>9:00 AM</u> | Reformer | Level 1 | Must complete consultation and 3 privates before you are allowed to book group classes |
| Reformer Level 1/2 | <u>9:30 AM</u> | Reformer Level 1 | | Reformer Level 1 | Reformer Level 1/2 | Reformer | Level 1 | Must complete consultation and 3 privates before you are allowed to book group classes |
| | Reformer + Jump Board Level 2/3 + Jump Board | | | | <u>10:00 AM</u> | Reformer | Level 1/2 | Must complete consultation and 3 privates before you are allowed to book group classes |
| | | | <u>10:30 AM</u> | | Beginner Pilates | Open Format MOTR | Level 2/3 | Challenging full body work out on the MOTR |
| <u>11:00 AM</u> | | <u>11:00 AM</u> | Mat/Oov Level 2/3 | | | Pilates for Fellas | | Must complete consultation and 3 privates before you are allowed to book group classes. |
| Reformer Level 1 | <u>11:30 AM</u> | Reformer Level 1 | <u>11:30 AM</u> | | | 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. |
| <u>4:30 PM</u> | Reformer Level 1 | <u>4:30 PM</u> | Reformer Level 1 | <u>4:30 PM</u> | | Mat/Oov | Level 2/3 | Mat/Oov-Level 2/3 |
| Pilates for Fellas | | Reformer Level 1/2 | | Open Format MOTR- Level 2/3 | | | | |
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| <u>5:30 PM</u> | | | <u>5:30 PM</u> | | | | | |
| Reformer Level 1/2 | | | Beginner Pilates | | | | | |