

2025 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>	Beginner Pilates	Level 1	Perfect for new clients. Focuses on the foundations of Pilates; proper body mechanics, breathing, and core activation.
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					Reformer	Level 1/2	Must complete consultation and 3 privates before you are allowed to book group classes
					<u>10:00 AM</u>	Open Format MOTR	Level 2/3	Challenging full body work out on the MOTR
			<u>10:30 AM</u>		Beginner Pilates	Pilates for Fellas		Must complete consultation and 3 privates before you are allowed to book group classes.
<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>			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>				
Pilates for Fellas		Reformer Level 1/2		Open Format MOTR- Level 2/3		Mat/Oov	Level 2/3	Mat/Oov-Level 2/3
<u>5:30 PM</u>			<u>5:30 PM</u>					
Reformer Level 1/2			Beginner Pilates					