

# Balanced Body Studio Class Schedule

As of September 7, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Acropolis)
07:30 AM						
08:00 AM						
08:30 AM						
09:00 AM		Allegro		Gyro	Pilates BEG	Pilates
09:30 AM	Allegro	9:15 to 10:15AM	Pilates (Oov)	9:15 to 10:30AM	9:15 to 10:15AM	9:15 to 10:15AM
10:00 AM	9:30 to 10:30AM		9:30 to 10:30AM			
10:30 AM		Gyro		Allegro		Gyro
11:00 AM	Allegro (Korean)	10:45 to 12 PM	Allegro (Korean)	10:45 to 12 PM	Allegro (Korean)	10:45 to 12 PM
11:30 AM	11AM to 12PM		11AM to 12PM		11AM to 12PM	
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM			Allegro			
04:30 PM			4:00 to 5:00 PM			
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM			Gyro			
07:00 PM	Men's Allegro	Pilates Advanced	6:30 to 7:45PM			
07:30 PM	7 to 8PM	7 to 830 PM				
08:00 PM						