

Balanced Body Studio Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Acropolis)
07:30 AM						
08:00 AM						
08:30 AM						
09:00 AM	Allegro 9 to 10AM	Allegro 9 to 10AM	Pilates (Oov) 915 to 1015 AM	Gyro 9 to 1015AM	Pilates BEG 915 to 1015AM	Pilates 9 to 1015AM
09:30 AM						
10:00 AM						
10:30 AM	Pilates BEG (Oov) 1030 to 1130 AM	Gyro 1030 to 1130 AM		Allegro 1030 to 1130AM		Gyro 1045 to 12PM
11:00 AM			Allegro 11AM to 12PM		Allegro 11AM to 12PM	
11:30 AM						
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						
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM	Pilates 7 to 815PM	Ball / Oov 7 to 830 PM	Gyro 7 to 815PM			
07:30 PM						
08:00 PM						
08:30 PM						
09:00 PM						