



CLASS SCHEDULE

(as of October 2011)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM						
7:30 AM						
8:00 AM	Pilates (BEG-KOR) 8:00-9:30 AM	Pilates (BEG) 8:15-9:45 AM	Pilates (BEG-KOR) 8:00-9:30 AM	Pilates (BEG) 8:15-9:45 AM		Pilates (MULTI) 8:15-9:45 AM
8:30 AM	Aero-Sculpt 8:30-9:30 AM	Allegro 8:30-9:30 AM	Pilates (MULTI) 8:30-9:45 AM	Gyro 8:15-9:45 AM	Aero-Sculpt 8:30-9:30 AM	
9:00 AM						
9:30 AM						
10:00 AM	Gyro 10:00-11:30 AM		Pilates (BEG-KOR) 10:00-11:30 AM			Pilates (BEG) 10:00-11:30 AM
10:30 AM		Pilates (MULTI) 10:30-12:00 PM		Pilates (ADV) 10:30-12:00 PM	Allegro 10:30-11:30 AM	Gyro 10:30-12:00 NN
11:00 AM						
11:30 AM						
12:00 PM						
4:00 PM						
4:30 PM		Gyro 4:15-5:45 PM				
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM			Gyro 6:15-7:45 PM		Pilates (INT) 6:15-7:30 PM	
7:00 PM	Pilates (MULTI) 6:45-8:15 PM	Pilates (BEG) 7:00-8:30 PM	Pilates (ADV) 6:45-8:30 PM	Pilates (BEG) 7:00-8:30 PM		
7:30 PM						
8:00 PM						
8:30 PM	Allegro 8:30-9:30 PM		Men's Allegro 8:15-9:15 PM			
9:00 PM						

STUDIO ASSIGNMENT	
	7th Floor, Renaissance Tower 1000
	2nd Floor, Bramante Piazza
	Acropolis

*** IMPORTANT NOTICE ***

Balanced Body Studio reserves the right to cancel class if quorum of at least four (4) students is not met. Please make sure you provide us with updated contact information so we can alert you of sudden changes in class schedule or venue. You can also text your instructor or the **Balanced Body Hotline at 0917-5-BBODY-5** if you have questions or concerns about class schedules.

Thank you. We appreciate your cooperation :)