

Balanced Body Studio Class Schedule

As of September 19, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Acropolis)
07:30 AM						
08:00 AM						
08:30 AM						
09:00 AM	Allegro	Allegro	Pilates (Oov)	Gyro	Pilates BEG	Pilates
09:30 AM	9:15 to 10:15AM	9:15 to 10:15AM	915 to 1015 AM	915 to 1030AM	915 to 1015AM	9 to 1015AM
10:00 AM						
10:30 AM		Gyro		Allegro		Gyro
11:00 AM		1030 to 1145 AM	Allegro	1045 to 12 PM		1045 to 12PM
11:30 AM			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						
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM			Gyro			
07:00 PM	Men's Allegro	Ball / Oov	6:30 to 7:45PM			
07:30 PM	7 to 8PM	7 to 830 PM				
08:00 PM						