

BALANCE & GRACE PILATES

GROUP REFORMER/TOWER/CHAIR & FITNESS CLASS SCHEDULE

~All Scheduling is Done Online & By Reservation~

~View Daily Schedule & Make Reservations Online at www.BalanceAndGracePilates.com ~

~If new to Pilates please call (626) 650-9626 to discuss scheduling an Introductory Private Training Session~

MONDAY:

6:30AM
10:30AM
5PM
5:30PM
6PM
7PM

TUESDAY:

10AM
11AM
5:30PM
6PM
7PM

WEDNESDAY:

6AM
9:30AM
5PM
6PM
7PM

THURSDAY:

6:30AM
10:30AM
11:30AM
5:30PM
6PM
7PM
8PM

FRIDAY:

6AM
9AM
5PM

SATURDAY:

7:30AM
8:30AM
9AM
9:30AM
10:30AM

SUNDAY:

Studio Closed

