

BALANCE & GRACE PILATES

GROUP REFORMER & FITNESS CLASS SCHEDULE

~all times indicate Group Reformer Classes unless marked otherwise~

~View Daily Schedule & Reserve your spot in class online at www.BalanceAndGracePilates.com

~First time clients call (626) 327-0511 to make a class reservation.~

(Private & Duo Training Sessions Available by Appointment, Call (626) 327-0511 to schedule)

MONDAY:

6:30AM
*7:30AM- Pilates Mat
10:30AM
11:30AM
5PM
6PM
7PM

TUESDAY:

8AM
10AM
6PM
7PM

WEDNESDAY:

6AM
*7:30AM-Pilates Mat
9:30AM
5PM
6PM
7PM

THURSDAY:

6:30AM
*9:30AM-Booty Barre
10:30AM
11:30AM
6PM
7PM

FRIDAY:

6AM
7AM
6AM

SATURDAY:

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

SUNDAY:

Studio Closed