



# July / August

[www.balance-studios.com](http://www.balance-studios.com)

Class sign up is REQUIRED via our website. Check online/Mindbody schedule for weekly changes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7:00am Pilates Ref/Tower/Chair  Devin		
	8:00am Pilates Ref/Tower/Chair  Kari		8:00am Pilates Ref/Tower/Chair  Kari	8:00am Pilates Ref/Tower/Chair  Devin	8:30am Pilates Mat  Taylor	
	9:00am Pilates Ref/Tower/Chair  Devin		9:00am Pilates Ref/Tower/Chair  Kari			
	5:30pm Pilates Ref/Tower/Chair  Taylor		5:30pm Pilates Ref/Tower/Chair  Kari			4:30pm *Restorative Yoga (July 22 & August 26 Only) Jen
6:30pm Pilates Ref/Tower/Chair  Kari			6:30pm Pilates Ref/Tower/Chair  Kari			

**Pilates & Barre** – Kari (208)351-5732 [www.balance-studios.com](http://www.balance-studios.com)

[To Sign Up for Class:](#)

All classes are 55 minutes, unless specified.

Online Registration: [www.balance-studios.com](http://www.balance-studios.com)

***Class sign up is required thru our website.***

Info: Call or Text: (208)351-5732

Email: [balance.studios@hotmail.com](mailto:balance.studios@hotmail.com)

\* Class is not a Balance Studios sponsored class.

For info, contact the instructor.

\* **Yoga** – Jen (208)313-3503