



AUGUST

www.balance-studios.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00am Pilates Ref/Tower/Chair Devin	8:00am Pilates Ref/Tower/Chair Kari	7:00am Pilates Ref/Tower/Chair Devin		
	8:00am Pilates Ref/Tower/Chair Kari	8:00am Pilates Ref/Tower/Chair Devin	8:00am Pilates Ref/Tower/Chair Kari	8:00am Pilates Ref/Tower/Chair Devin	8:00am Intro to Pilates Apparatus (8/12 Only) Sign up Required Donation Class Devin	
	9:00am Pilates Ref/Tower/Chair Kari	9:15am Barre Devin	9:00am Pilates Ref/Tower/Chair Kari	9:15am Barre Devin	9:30am Barre Kari	
5:30pm Barre Kari	5:30pm Pilates Ref/Tower/Chair Kari		5:30pm Pilates Ref/Tower/Chair Kari			4:30 pm Restorative Yoga (8/20 Only) Jen
6:30pm Pilates Ref/Tower/Chair Kari						

Pilates & Barre – Kari (208)351-5732 www.balance-studios.com

All classes are 55 minutes, unless specified.

* Class is not a Balance Studios sponsored class.

For info, contact the instructor.

* **Yoga Flow** – Jen (208)313-3503

To Sign Up for Class:

Online Registration: www.balance-studios.com

Class sign up is required thru website.

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

Email: balance.studios@hotmail.com

Payment Methods: Cash or Check

This schedule is subject to change.