

**Counterbalance Studio Pilates | Class Schedule** (in-studio & virtual)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio	Virtual	Studio	Virtual	Studio	Virtual	Studio	Virtual	Studio	Virtual	Studio	Virtual	Studio	Virtual
						8:00-9:05 Uninstructed Elaine		8:00-9:05 Equipment Fiona					
	9:45-10:45 Pilates Mat II Fiona	9:00-10:05 Equipment Sacha		9:00-10:05 Equipment Elaine	9:00-10:00 Ballet Barre Fiona	9:30-10:35 Equipment Sacha	10:30-11:30 ELDOA I/II Sheri	9:15-10:20 Equipment Fiona		9:00-10:00 Free Your Fascia Mat Carrie		9:00-10:05 Equipment Elaine	
	11:00-11:30 Stretch & Move Fiona	10:15-11:20 Equipment Sacha		10:20-11:25 Equipment Sacha	10:15-11:15 3-D Workout Fiona	10:45-11:50 Equipment Sacha	11:30-12:00 Stretch & Move Fiona	10:30-11:35 Equipment Fiona		10:00-11:00 Mat I/II Fiona		10:30-11:35 Equipment Elaine	
11:45-12:50 Equipment Fiona		11:30-12:35 Equipment Sacha		11:45-12:55 Equipment Fiona		12:00-1:05 Equipment Sacha		11:45-12:55 Equipment Fiona					
1:00-2:05 Private lesson Fiona		12:45-1:55 Equipment Sacha		1:30-2:30 Private lesson Fiona				1:30-2:30 Private lesson Fiona					
3:15-4:20 Equipment Sacha	3:30-4:30 ELDOA I/II Sheri			2:45-3:45 Private lesson Fiona		3:00-4:00 Private lesson Sheri							
4:30-5:35 Equipment Sacha		4:00-5:05pm Equipment Carrie				4:15-5:20 Equipment Sheri			4:00-5:00 3-D Chair Edition Carrie				
5:45-6:50 Equipment Sacha	5:30-6:30 ELDOA II Sheri		5:30-6:30pm Mat I/II Carrie			5:30-6:35 Equipment Sheri			5:30-6:15 Feel Good Friday Mat Carrie				
7:00-8:05 Equipment Sacha							6:45-7:45 Mat I/II Sheri TBC						
					8:00-8:30 Wind-down ELDOA Sheri		8:00-8:30 Wind-down ELDOA Sheri						