



True Balance Pilates

2015 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8 am	Private	Private	Private	Private	Private
9am	Private	Private	Cardio Reformer (30 min)	Private	Private
10 am	Private	Private	Private	Private	Private
11 am	Semi-Private	Pilates Combo	Private	Semi-Private	Private
12 pm	Private	Private	Private	Private	Private
1 pm	Stretch & Meditation	Private	Pilates Combo	Cardio Reformer (30 min)	Private
2 pm	Cardio Reformer (30 min)		Private	Pilates Combo	Private
2:30 pm		Cardio Reformer (30 min)			
3 pm	Pilates Combo	Stretch & Meditation	Cardio Reformer (30 min)	Stretch & Meditation	Private
4 pm	Private	Cardio Reformer (30 min)	Stretch & Meditation	Private	Private
5 pm	Cardio Reformer (30 min)	Private	Cardio Reformer (30 min)	Semi-Private	Cardio Reformer (30 min)
6 pm	Semi-Private	Semi-Private	Private	Semi-Private	
7 pm	Cardio Reformer (30 min)		Private		

To schedule call or text 704*293*9259

Please no drop-ins

Cancellation Policy

8 hour cancellation required

You will be charged for a class if cancelled less than 8 hours prior to class time.