

THE STUDIO AT PHYSICAL BALANCE WEEKLY SCHEDULE

MON	TUE	WED	THU	FRI	SAT
	7:45-8:35AM Group Reformer Open Level with Ruth		7:30-8:20AM Group Reformer Intermediate with Ruth		
8-8:50AM Group Reformer Open Level with Ruth		8-8:50AM Semi-Private Reformer with Tracey	8:30-9:20AM Group Reformer Beginner with Ruth	8:30-9:20AM Semi-Private Reformer with Ruth	
9-9:50AM 1:1 Private Reformer with Ruth	9-9:50AM 1:1 Private Reformer with Ruth	9:30-10:20AM Group Reformer Open Level with Tracey	9:30-10:20AM 1:1 Private Reformer with Ruth	9.30-10:20AM Group Reformer Beginner with Ruth	9-9:50AM Group Reformer Beginner / Open with Ruth or Tracey
10-10:50AM Semi-Private Reformer with Ruth	10.30-11:20AM Semi-Private Reformer with Ruth	10.30-11:20AM Gentle Group Reformer with Tracey	10:30-11:20AM Semi-Private Reformer with Juliet		10-10:50AM Group Reformer Beginner with Ruth or Tracey
11-11:50AM 1:1 Private Reformer with Ruth	11:30-12:20PM 1:1 Private Reformer with Ruth		11:30-12:20PM Group Reformer Open Level with Juliet		11-11:50AM Semi-Private Reformer with Ruth or Tracey
12:30-1:20PM Semi-Private Reformer with Juliet		12:30-1:20PM Group Reformer Beginner with Tracey	12:30-1:20PM Group Reformer Beginner with Ruth		
1:30-2:20PM Group Reformer Open Level with Juliet	1-1:50PM Group Reformer Beginner with Ruth				
				2:30-3:20PM Semi-Private Reformer with Ruth	
	3:30-4:20PM 1:1 Private Reformer with Ruth	3:30-4:20PM 1:1 Private Reformer with Ruth			
				4-4:50PM Group Reformer Open Level with Ruth	
5:15-6:05PM Group Reformer Intermediate with Ruth	5:15-6:05PM Group Reformer Beginner with Tracey	5:15-6:05PM Group Reformer Open Level with Tracey	5:15-6:05PM Group Reformer Open Level with Ruth	5-5:50PM Group Reformer Open Level with Ruth	
6:15-7:05PM Group Reformer Beginner with Ruth	6:15-7:05PM Group Reformer Open Level with Tracey	6:15-7:05PM Group Reformer Beginner with Tracey	6-7PM Pregnancy Yoga with Beth	6:15-7:05PM Group Reformer Intermediate with Ruth	6-6:50PM Mat Pilates with Tatjana
7:15-8:05PM Mat Pilates with Tatjana	7:15-8:05PM Mat Pilates with Tracey	7:15-8:05PM Mat Pilates with Tracey	7:15pm - 8:15PM Gentle Flow Hatha Yoga with Beth		



- Semi-Private Reformer Sessions - up to 3 attendees
- Group Reformer Classes - groups of 7 attendees
- Mat classes - maximum 8 attendees

www.physicalbalance.com
01256 770022
studio@physicalbalance.com

the studio
AT PHYSICAL BALANCE