

# THE STUDIO AT PHYSICAL BALANCE WEEKLY SCHEDULE

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



- Semi-Private Reformer Sessions - up to 3 attendees
- Group Reformer Classes - groups of 6 attendees
- Mat classes - maximum 8 attendees

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the studio  
AT PHYSICAL BALANCE