

In Balance Pilates Schedule

Monday

- 7:00 p.m (intermediate)

Tuesday

- 4:30 p.m (intermediate)
- 6:00 p.m (intermediate)
- 7:10 p.m Navin [Yin Yoga](#)

Wednesday

- 10:00 a.m (intermediate/advanced)
- 5:30 p.m (beginner)
- 7:00 p.m (intermediate)

Thursday

- 6:30 p.m (intermediate/advanced)

Friday

- 9:30 a.m (intermediate)
- 11:00 a.m (all levels)

Saturday

- 9:00 a.m (intermediate/advanced)
- 10:15 a.m (intermediate)
- 11:30 a.m (beginner)
- 1:15 p.m [Prenatal](#)