

**In Balance Pilates Schedule**  
(Updated August 23rd, 2011)

Monday

Tuesday

- 9:00 am (Yoga) - Terri
- 4:30 pm (mixed level) - Jamie
- 6:00 pm (intermediate/advanced) - CANCELLED. Will resume in September
- 7:15 pm (beginner) - Vanessa

Wednesday

- 10:00 am (intermediate/advanced) - Robyn
- 5:30 pm (mixed level) - Lisa
- 7:00 pm (mixed level) - Vanessa

Thursday

- 6:30 pm (intermediate) - Lisa

Friday

- 9:30 am (intermediate/advanced) - Merrill
- 10:45 am (mixed level) - Merrill

Saturday

- 9:00 am (mixed level) - Caroline
- 10:15 am (intermediate) - Caroline
- 1:00 pm (Prenatal) - Lisa