Winter 2020 Group Pilates Reformer Schedule

All reformer classes are one hour and you sign up for the classes you want
www.bflfitness.com | 651.415.9500 | 3555 Lexington Ave N Arden Hills 55126
*New to reformer? Please sign up for our 7 week series class or schedule privates sessions first to be cleared for classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30 am Advanced Reformer* Kandace				
8:30 am Intermediate Reformer Kandace					8:00 am Intermediate Reformer Aurora	
		9:30 am Beginner Reformer Louise	9:00 am Intermediate Reformer Kandace	9:00 am Intermediate Reformer Kandace	9:00 am Advanced Reformer* Aurora	9:30 am Beginner Reformer Alison
		10:30 am Intermediate Reformer Kandace	10:00 am Begin./Inter. Reformer Geralyn	10:00 am Beginner Reformer Julie J/Aurora	10:00 AM Intermediate Reformer Bonnie	10:30 am Begin/Inter. Reformer Alison
					11:00 am Begin/Inter. Reformer Bonnie	
				Noon Intermediate Reformer Bonnie	Noon Beginner Reformer Alison	
5:00 pm Intermediate Reformer Geralyn	5:00 pm Beginner Reformer Julie J	4-5 pm Intermediate Reformer Julie J	5:00 pm Begin/Inter. Reformer Alison			
6:00 pm Intermediate Reformer Bonnie	6:00 pm Curvy Reformer Elisabeth	6:00 pm Begin/Inter. Reformer Alison	6:00 pm Beginner Reformer Alison			
7:00 pm Beginner Reformer Alison	7:00 pm Inter./Advanced Reformer Julie J	7:00 pm Beginner Reformer Alison	7:00 pm Jump Reformer Intermediate Julie J			

Download free Balance for Life app and schedule from your smart phone

--Please see Customer Service Rep (CSR) at front desk or www.BFLFitness.com for class descriptions--