



Fall 2011 SCHEDULE

See reverse side for policies and fees

1855 SE Federal Hwy, Stuart, FL 34994
772-781-9227 www.balancedbodyworks.net

Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	8:00am	Pilates Apparatus	Pilates Apparatus		Pilates Apparatus	Pilates Apparatus	Pilates Apparatus
2	8:00			Mat & Props			
1	9:00						
2	9:00					Arabesque/Ballet Barre	
1	10:00	Pilates Apparatus		Pilates Apparatus		Pilates Apparatus	
2	10:00						
1	11:00	Beg. Pilates Appar.	Basic Pilates		Beg. Pilates Appar.		
2	11:00						
1	12:00pm			Basic Pilates			
2	12:00						
1	4:30		Pilates Apparatus		Pilates Apparatus		
2	4:30						
1	5:30		Pilates Apparatus		Pilates Apparatus		
2	5:30	Arabesque Ballet Barre		Arabesque Ballet Barre			

Ballroom Dancing available by appointment-- private and small groups: mambo69@comcast.net or 772-631-5001

Massage Therapy available by appointment: anna.snyder.79@gmail.com or 772-324-1267