

Class times

All of our classes are 55 minutes with the following exceptions:

*indicates 35 minutes, ** indicates 70 minutes.

CLASS SCHEDULE
Monday

9:30	AM	Yoga Vinyasa Flow	Silke	NEW
9:30		TRX® Fit/Strength	Evie	
11:45		Lunchtime Mat Pilates	Donna	NEW
6:00	PM	Yoga Level 1	Brieanne	NEW
6:00		TRX® Fit Strength	Donna	NEW†
7:00		Cycle Interval Blast	Donna	
7:00		Zumba®	Patty	
7:00		TRX® Class Coming Soon		

†TRX® **Fit Strength** is held on the 2nd through the last Monday of each month

TRX® **Fundamentals** is held on the 1st Monday of each month.

Tuesday

9:30**	AM	Yoga Level 1	Silke	NEW
9:30		Cycle Challenge	Donna	
10:30		BarWorks™	Amy	
11:45		Lunchtime Yoga	Josefin	NEW
5:15	PM	Balans Ultimate Camp	Evie	NEW
6:00		Yoga Level 1	Silke	
6:30		TRX® Cardio	Evie	
7:00		Cycle Endurance	Lanelle	
7:30**		Yoga Level 2	Silke	NEW
7:30		TRX® Cross Train	Evie	

Wednesday

6:00	AM	Cycle Challenge	Donna	
9:30		TRX® Cross Train	Evie	NEW
9:30**		Yoga Level 2	Audra	
5:30	PM	Mat Pilates	Katie	
6:00		TRX® Body Sculpt	Amy	
6:30		Zumba®	Beverlyn	
7:00		Cycle Interval Blast	Amy	

Thursday

9:30		Zumba®	Beverlyn	
9:30	AM	TRX® Pilates Fusion	Donna	NEW
9:30		Cycle Interval Blast		
11:45		Lunchtime Yoga	Josefin	NEW
4:15*	PM	Zumatonic (Lil Starz ages 4-7)	Beverlyn	NEW
4:55*		Zumatonic (Big Starz ages 8-12)	Beverlyn	NEW
5:15		Balans Ultimate Camp	Evie	NEW

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Thursday (continued)

5:30	PM	BarWorks™	Beverlyn	
6:30		Zumba®/Groove Method™	Amy	
6:30		TRX® Kettlebells	Evie	NEW
7:00		New Cycle Class Coming Soon		
7:30		Yoga Vinyasa Flow	Brienne	NEW
7:30		TRX® Cross Train	Evie	

Friday

6:00	AM	Cycle Interval Blast	Donna	
9:30		Yoga Level 1	Audra	NEW
9:30		TRX® Fit Strength	Donna	
6:00	PM	Yoga Vinyasa Flow	Brienne	NEW
6:00		TRX® class coming soon		

Saturday

8:00	AM	Yoga Level 1	Silke	NEW
9:00		Zumba®	Patty	
9:00		Cycle Interval Blast	Amy	
10:00		Yoga Vinyasa Flow	Silke	NEW
10:00		TRX® Fit Strength	Evie	
10:45		TRX® Cycle Hybrid	Amy	NEW
11:00*		Yoga for KIDS (ages 7-12)	Silke	NEW

Sunday Classes coming soon

POLICIES

Payments

Returned checks are subject to a \$35 return check fee. Monthly auto-debit (EFT) is offered with 12-month contract. All purchases have expiration dates (from date of purchase) without exception. Purchases are non-transferable and non-refundable.

Registration

Registration is not required for any of our classes. Registration is highly encouraged for all workshops and retreats.

Studio Cancellations

If classes are cancelled due to inclement weather or an emergency, there will be an announcement on the studio's voice mail, two hours or more before the class is scheduled to begin. Balans Studio reserves the right to cancel a class under extreme circumstances. Earliest notification will be given via web updates, studio's voice mail and postings on our doors.

Refunds

There are no refunds for class cards or gift certificates.

Injuries/Physical Limitations

We have a wide range of classes to accommodate people with various physical conditions. Please let your teacher know about any physical problems or medical conditions you have, before the class begins.