

Mirbeau Balanced Virtual Schedule

NOVEMBER 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith		Cardio & Core Meredith				
8:00 AM	8:30am Strength, Balance & Core* Robyn	Pilates Fusion Danielle	Pilates Debbie	Tabata Christine	Sculpt & Stretch Jessie	Tabata Amy	
9:00 AM	Pilates Debbie	WoMen & Weights Meredith	Interval Training Robyn	Strength, Balance, & Core Christine	Pilates Debbie	Yoga Sculpt Katelyn/Nina	
10:00 AM	Classically Balanced Debbie	Deep Relaxation & Meditation Danielle	Strength, Balance, & Core Danielle	Yoga Sculpt DeAndrea	Cardio Sculpt Curt	Inspire & Reflect Yoga Katelyn	BarreFlow Denise
11:00 AM	Mobility Eric	Pause & Flow Eric	Fall Prevention Debbie	Gentle Yoga DeAndrea	Mobility Eric	Total Body Sculpt Ashley	Inspire & Reflect Yoga Katelyn
12:00 PM		Total Body Sculpt* Ashley		Power Pilates & Weights* Ashley			
4:00 PM	Beginner Ballet Ashley	Yoga for the Lower Body DeAndrea	Yoga for Back Pain Wendy	Pilates Debbie	4:30pm Mindful Yoga Stacie		
5:00 PM	Gentle Yoga Wendy	Yoga Sculpt DeAndrea	Power Pilates & Weights Ashley	WoMen & Weights Meredith			
6:00 PM		Gentle Yoga DeAndrea		Free Your Fascia Mary			



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MIRBEAU AT HOME

All classes are 50 minutes unless otherwise noted | *25-30 minutes

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