

Mirbeau Balanced Virtual Schedule

MAY 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith	Cardio & Core Meredith		WoMen & Weights Meredith			
8:00 AM	8:30am Still & Strong* Robyn	Pilates Fusion Danielle	Pilates Debbie	Core & More Christine	Sculpt & Stretch Jessie	Tabata Amy	
9:00 AM	Pilates Debbie	WoMen & Weights Meredith	Interval Training Robyn	Fit Mix Christine	Pilates Debbie	Vinyasa Flow Vanessa	Strong & Calm Nickie
10:00 AM	Classically Balanced Debbie	Deep Relaxation & Meditation Danielle	Classically Balanced Debbie	Yoga Sculpt DeAndrea	Inspire & Reflect Yoga Nina	Inspire & Reflect Yoga Katelyn	BarreFlow Denise
11:00 AM	Mobility Eric	Pause & Flow Eric	Pilates Fusion Danielle	Gentle Yoga DeAndrea	Mobility Eric	Vinyasa Flow Curt	Inspire & Reflect Yoga Katelyn
12:00 PM		30-Min Total Body Sculpt* Ashley		30-Min Pilates Core* 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	WoMen & Weights Meredith	Strong & Calm Debbie			
6:00 PM	Stretch* Wendy	Gentle Yoga DeAndrea	Stretch* Gail	Free Your Fascia Mary			

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

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