

# Mirbeau Balanced Virtual Schedule

APRIL 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith	Strong & Calm Debbie	Cardio & Core Meredith	WoMen & Weights Meredith	Strong & Calm Rosemary		
8:00 AM	Cardio Tone Robyn	Pilates Fusion Danielle	Pilates Debbie	Glutes, Abs & Arms Christine	Sculpt & Stretch Jessie	Tabata Amy	Strong & Calm Debbie
9:00 AM	Pilates Debbie	WoMen & Weights Meredith	Cardio Tone Robyn	Tabata Christine	Pilates Debbie	Sculpt & Stretch Nina	Gentle Yoga Curt
10:00 AM	Classically Balanced Debbie	Hatha Yoga Genii	Classically Balanced Debbie	Yoga Sculpt DeAndrea	B4 Debbie	Gentle Yoga Nina	Barre Flow Denise
11:00 AM	Mobility Eric	Pause & Flow Eric	Inspire & Reflect Kim	Gentle Yoga DeAndrea	Pause & Flow Eric	Vinyasa Flow Curt	Inspire & Reflect Yoga Cheryl
12:00 PM	Gentle Yoga Kim	Heart, Body & Soul Christine	Mobility Eric	Heart, Body & Soul Robyn			
4:00 PM	Total Body Conditioning Caroline	Strength, Balance & Core Lisa	Yoga for Back Pain Wendy	Pilates for Posture Debbie			
5:00 PM	Gentle Yoga Wendy	Tabata Rosemary	Pilates Nina	Strong & Calm Debbie	Restorative Yoga Mary		
6:00 PM	Yin Yoga** Sandy	Inspire & Reflect Yoga DeAndrea	Deep Core & Restore Nina	Yin Yoga** Sandy			



SCAN QR TO LEARN ABOUT OUR LIVE CLASSES, VIDEOS & EVENTS!



MIRBEAU AT HOME

All classes are 50 minutes unless otherwise noted | \*\*80-minute classes

[WWW.MIRBEAUBALANCED.COM](http://WWW.MIRBEAUBALANCED.COM)