

Mirbeau Balanced Virtual Schedule

OCTOBER 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith	Strong & Calm Meredith	Glutes, Core & Pelvic Floor Meredith	WoMen & Weights Meredith	Strong & Calm Meredith		
8:00 AM	Total Body Conditioning Robyn	Pilates Fusion Danielle	Pilates Debbie	Core & More Christine	Sculpt & Stretch Jessie	Tabata Amy	Core & More Curt
9:00 AM	Pilates Debbie	WoMen & Weights Meredith	Cardio Interval Training Robyn	Fit Mix Christine	Pilates Debbie	Vinyasa Flow Vanessa	Gentle Yoga Curt
10:00 AM	Classically Balanced Debbie	Deep Relaxation & Meditation Danielle	Classically Balanced Debbie	Yoga Sculpt DeAndrea	Inspire & Reflect Yoga Nina	Yoga Sculpt 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
4:00 PM	Total Body Conditioning Caroline	Yoga for the Lower Body DeAndrea	Yoga for Back Pain Wendy	Pilates Debbie			
5:00 PM	Gentle Yoga Wendy	Yoga Sculpt DeAndrea	Mind & Body Fusion Debbie	Strong & Calm Debbie	Restorative Yoga Sandy		
6:00 PM	Yin Yoga** Sandy	Gentle Yoga DeAndrea	Relax, Realign & Recommit Yoga** Sarah	Free Your Fascia Mary			

All classes are 50 minutes unless otherwise noted | *30 minutes | **80 minutes

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