

Mirbeau Balanced Virtual Schedule

SEPTEMBER 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith	Strong & Calm Meredith	Cardio & Core Meredith	WoMen & Weights Meredith	Strong & Calm Rosemary		
8:00 AM	Cardio & Core Robyn	Pilates Fusion Danielle	Pilates Debbie	Glutes, Abs & Arms Christine	Sculpt & Stretch Jessie	Tabata Amy	Core & More Curt
9:00 AM	Pilates Debbie	WoMen & Weights Meredith	Cardio & Core Robyn	Tabata Christine	Pilates Debbie		Gentle Yoga Curt
10:00 AM	Classically Balanced Debbie	Deep Relaxation & Meditation Danielle	Classically Balanced Debbie	Yoga Sculpt DeAndra	Inspire & Reflect Yoga Nina		
11:00 AM	Mobility Eric	Pause & Flow Eric	Inspire & Reflect Yoga Kim	Gentle Yoga DeAndra	Mobility Eric	Vinyasa Flow Curt	
12:00 PM	Gentle Yoga Kim						
4:00 PM	Total Body Conditioning Caroline	Yoga for the Lower Body DeAndra	Yoga for Back Pain Wendy	Pilates Debbie	Power Yoga Debbie		
5:00 PM	Gentle Yoga Wendy	Yoga Sculpt DeAndra	Pilates Nina	Tabata Meredith	Restorative Yoga Pasqua		
6:00 PM	Yin Yoga** Sandy	Inspire & Reflect Yoga DeAndra	Deep Core & Restore Nina	Free Your Fascia Mary			



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