

**Andi Hibbert** **Balanced 4 Fitness Studio** 210 Main Street E. Orleans

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

---

**9:45-10:45AM**  
**SPINNING**  
Perfect for  
Beginner  
SPINNER

---

**4:30-5:30 PM**  
**Small Group  
Reformer  
Training**  
Training cost

---

**5:45-6:45 PM**  
**Barre**  
Live or Streaming

**9-10:10 AM**  
**Pilates Total  
Body**  
Classical Method  
Mat & Standing  
Live or Streaming

**10:30-11:30 AM**  
**Small Group  
Reformer  
Training**  
Training cost

**4:30-5:30 PM**  
**Stretch &  
Pilates Basic**  
Mat one  
Live or Streaming

---

**9:45-10:45AM**  
**Fit Moves**  
No Mat work  
Seated MVE chair

**Live streaming  
comin soon**

---

**5:45-6:45 PM**  
**Total Body  
Fusion**  
Live or Streaming

---

**TRX**  
**7:45-8:45 AM**  
All fitness levels  
Live or streaming

---

**9:00-10:00 AM**  
**BARRE**  
Fusion  
Live or Streaming

**TRX**  
**7:45-8:45 AM**  
All fitness levels  
Live or streaming

---

**9:00-10:00 AM**  
**BARRE**  
Fusion  
Live or Streaming

**8:30-9:30 AM**  
**SPINNING**  
Perfect for  
Beginner  
SPINNER

---

**10-11 AM**  
**Core and  
More  
MVE Chair**

**TRX**  
**8:00 -9:00 AM**  
All fitness levels  
Live or streaming

---

**9:30-10:30 AM**  
**SPINNING**  
Live or streaming

Please **register online** for **classes and  
appointments**  
**Virtual classes offered**  
**New client buy a class get 1 free**

**Mask & Temperature check required**  
**6 FT Distancing**  
**Class size limited to 5**

**Bring water, mat, yoga strap, band  
weights are optional at your discretion**