

# Mirbeau Balanced Virtual Schedule

MARCH 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith		Cardio & Core Meredith	WoMen & Weights Meredith	Strong & Calm Rosemary		
8:00 AM	8:30am Core & More Express* 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	Gentle Yoga Curt
10:00 AM	Classically Balanced Debbie	Deep Relaxation & Meditation Danielle	Classically Balanced Debbie	Yoga Sculpt DeAndra	Inspire & Reflect Yoga Nina	Inspire & Reflect Yoga Katelyn	BarreFlow Denise
11:00 AM	Mobility Eric	Pause & Flow Eric	Pilates Fusion Danielle	Gentle Yoga DeAndra	Mobility Eric	Vinyasa Flow Curt	Inspire & Reflect Yoga Katelyn
12:00 PM					Vinyasa Flow Debbie		
4:00 PM		Yoga for the Lower Body DeAndra	Yoga for Back Pain Wendy	Pilates Debbie			
5:00 PM	Gentle Yoga Wendy	Yoga Sculpt DeAndra	Total Body Conditioning Gail	Rebound, Rebuild & Rejuvenate Debbie	Gentle Flow Yoga Liz		
6:00 PM	Yin Yoga Sandy	Gentle Yoga DeAndra	Stretch* Gail	Free Your Fascia Mary			

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

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



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



MIRBEAU AT HOME