

# Mirbeau Balanced Virtual Schedule

| APRIL 2025 | MONDAY                                  | TUESDAY                                  | WEDNESDAY                       | THURSDAY                    | FRIDAY                           | SATURDAY                          | SUNDAY                            |
|------------|-----------------------------------------|------------------------------------------|---------------------------------|-----------------------------|----------------------------------|-----------------------------------|-----------------------------------|
| 7:00 AM    | Dance Cardio & Stretch<br>Meredith      |                                          | Cardio & Core<br>Meredith       | WoMen & Weights<br>Meredith | Strong & Calm<br>Rosemary        |                                   |                                   |
| 8:00 AM    | 8:30am<br>Core & More Express*<br>Robyn | Pilates Fusion<br>Danielle               | Pilates<br>Debbie               | Core & More<br>Christine    | Sculpt & Stretch<br>Jessie       | Tabata<br>Amy                     |                                   |
| 9:00 AM    | Pilates<br>Debbie                       | WoMen & Weights<br>Meredith              | Interval Training<br>Robyn      | Fit Mix<br>Christine        | Pilates<br>Debbie                | Vinyasa Flow<br>Vanessa           | Strong & Calm<br>Nickie           |
| 10:00 AM   | Classically Balanced<br>Debbie          | Deep Relaxation & Meditation<br>Danielle | Classically Balanced<br>Debbie  | Yoga Sculpt<br>DeAndrea     | Inspire & Reflect Yoga<br>Nina   | Inspire & Reflect Yoga<br>Katelyn | BarreFlow<br>Denise               |
| 11:00 AM   | Mobility<br>Eric                        | Pause & Flow<br>Eric                     | Pilates Fusion<br>Danielle      | Gentle Yoga<br>DeAndrea     | Mobility<br>Eric                 | Vinyasa Flow<br>Curt              | Inspire & Reflect Yoga<br>Katelyn |
| 12:00 PM   |                                         |                                          |                                 |                             | Vinyasa Flow<br>Debbie           |                                   |                                   |
| 4:00 PM    | Beginner Ballet<br>Ashley               | Yoga for the Lower Body<br>DeAndrea      | Yoga for Back Pain<br>Wendy     | Pilates<br>Debbie           | 4:30pm<br>Mindful Yoga<br>Stacie |                                   |                                   |
| 5:00 PM    | Gentle Yoga<br>Wendy                    | Yoga Sculpt<br>DeAndrea                  | Total Body Conditioning<br>Gail | Strong & Calm<br>Debbie     |                                  |                                   |                                   |
| 6:00 PM    | Yin Yoga<br>Sandy                       | Gentle Yoga<br>DeAndrea                  | Stretch*<br>Gail                | Free Your Fascia<br>Mary    |                                  |                                   |                                   |

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

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