

phBalanced Class Schedule

Pam Hale's phBalanced Fitness, L.L.C.

3325 Rocky Ridge Road, Suite 211 (Upstairs, elevator available)

Vestavia Hills, AL 35243

205.807.8355

(Effective 10/1/10)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	Pilates	Core Body	Pilates	Core Body	Pilates		
9:00						Yoga / India	
9:30		Yoga	Yoga / India	Yoga			
10:45			Chair Yoga / India				
11:00					Chair Yoga		
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15		Total Body		Total Body / Pam Hales			
4:30	Yoga / India	Yoga/India		Yoga / India			Yoga / India
5:00			Pilates				
5:30	Abs & Stretch						
6:00	Yoga / India	Restorative Yoga / India	Yoga	Yoga / India	Yoga Nidra (last Friday of month)		