

Steady For Life Class Schedule

Location	Class	Days	Time	Instructor
Steady for Life - Main 7900 Bailey Cove Rd. Suite F Huntsville	Intermediate Yoga	M, W, F	8:45 am - 9:45 am	Karleen, Lebéé & Debbie
	Rev It Up! Balance	M, W, F	10:00 am - 11:00 am	Paula
	Balanced Body - Level 3	M, W, F	10:00 am - 11:00 am	Julie & Helen
	Balanced Body - Level 2	M, W, F	11:15 am - 12:15 pm	Beth & Julie
	Beginner's Yoga	M, W	12:30 pm - 1:30 pm	Amy
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Tu, Th	9:30 am - 10:30 am	Jing
	Balanced Body - Level 3	Tu, Th	10:30 am - 11:30 am	Julie & Debbie
All Saints Lutheran Church 12100 Bailey Cove Road Huntsville	Balanced Body - Level 1	M, W, F	10:00 am - 11:00 am	Amy
	Balanced Body - Level 2	M, F	10:00 am - 11:00 am	Amy
Owens Cross Rds. Church of Christ 3229 Old Highway 431 Owens Cross Roads	Balanced Body - Level 3	Tu, Th	10:00 am - 11:00 am	Debra
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville	Balanced Body - Level 2	Tu, F	1:00 pm - 2:00 pm	Paula
Holmes St. United Methodist Church 501 Holmes Ave. Huntsville	Balanced Body - Level 2	M, Th	1:00 pm - 2:00 pm	Paula & Britney
Monrovia Church of Christ 595 Nance Rd. Huntsville	Balance & Yoga	Tu	10:30 am - 12:00 pm	Chris
	Move to the Music + Balance	Th	10:30 am - 12:00 pm	Pam
Valley United Methodist Church 1410 Drake Ave. Huntsville	Balanced Body - Level 3	Tu, Th	1:00 pm - 2:00 pm	Amy

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Location	Class	Days	Time	Instructor
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville	Balanced Body - Level 2	Tu, Th	11:00 am - 12:00 pm	Paula
Locust Grove Baptist Church 171 County Lake Rd. New Market	Balanced Body - Level 2	Th	11:00 am - 12:00 pm	Helen

Last updated June 26, 2020