



# Equilibrium

Personal Training Studio

**(847) 387-3042**

## Class Schedule

As a first time student at Equilibrium, you are welcome to one free trial class. Please contact us to reserve your spot in a class at least 24 hours in advance. There is a limit of 15 people per class (except for leg endurance which has a limit of 8) so walk-ins are not always an option. Please be sure to cancel at least 24 hours in advance.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>HOT YOGA</b> 75 Minutes 9:00 AM</p>					<p><b>PILATES</b> 45 Minutes 9:00 AM</p>	
<p><b>LEG ENDURANCE &amp; CORE</b> 60 Minutes 6:30 PM <i>Class is limited to only 8 people.</i></p>	<p><b>YOGA/PILATES FUSION</b> 75 Minutes 6:30 PM</p>	<p><b>HOT YOGA</b> 75 Minutes 6:30 PM</p>	<p><b>HOT YOGA</b> 75 Minutes 6:30 PM</p>		<p><b>VINYASSA</b> 60 Minutes 10:00 AM</p>	

1565 North Quentin Road  
Palatine, IL 60074

**(847) 387-3042**  
[www.EquilibriumFit.com](http://www.EquilibriumFit.com)