

Class Schedule September 2019

Balanced Energy Studios

PILATES & YOGA

Morning Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00		Reformer	Reformer	Reformer	Reformer		
6:30		6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00		
7:00							
7:30							
8:00	\$5 Pilates* 8:00 - 9:00	*Class is offered for existing Clients only.				Yoga 7:45 - 8:45	
8:30		Teachers will be teachers in training.					
9:00						Reformer 9:00 - 10:00	Yoga <small>See Website for Details</small> 9:00 - 10:00
9:30	Reformer	Gentle Reformer	Reformer	Gentle Reformer	Reformer		
10:00	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	Reformer 10:00 - 11:00	
10:30		Reformer		Reformer			
11:00		10:30 - 11:30		10:30 - 11:30			

Evening Schedule

4:00							Gentle Yoga Guided Meditation <small>See Website for Details</small> 4:00 - 5:30
4:30							
5:00							
5:30							
6:00	Reformer	Reformer	Reformer	Reformer			
6:30	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00			
7:00							
7:15	Meditative Yoga Flow	Beg Yoga	Meditative Yoga Flow	Beg Yoga			
8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15			

