

January 2019

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 HAPPY NEW YEAR	2 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	3 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	4 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM – 6:30 PM MAT CLASS 6:30 PM – 8:00 PM RESTORATIVE YOGA	5 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER 11:00 AM YOGA TEACHER TRAINING	6 8:00 AM YOGA TEACHER TRAINING 4:00 PM -5:30 PM CBD OIL INFORMATION EVENT
7 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	8 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	9 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	10 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	11 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM – 6:30 PM MAT CLASS 6:30 PM – 8:00 PM RESTORATIVE YOGA	12 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	13 1:00 PM – 3:00 PM INTRODUCTION TO YOGA WORKSHOP
14 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	15 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	16 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	17 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	18 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM – 6:30 PM MAT CLASS 6:30 PM – 8:00 PM RESTORATIVE YOGA	19 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER 11:00 AM YOGA TEACHER TRAINING	20 8:00 AM YOGA TEACHER TRAINING 5:00 PM -6:30 PM SONG BATH
21 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	22 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	23 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	24 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	25 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM – 6:30 PM MAT CLASS 6:30 PM – 8:00 PM RESTORATIVE YOGA	26 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	27 8:00 AM – 3:00 PM MASSAGE DAY 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
28 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	29 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	30 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	31 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA			