

October 2018

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>2</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>3</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>4</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>5</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 7:15 PM RESTORATIVE YOGA</p>	<p>6</p> <p>7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER</p>	<p>7</p> <p>7:00 AM YOGA TEACHER TRAINING 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION</p>
<p>8</p> <p>9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>9</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>10</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>11</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>12</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 7:15 PM RESTORATIVE YOGA</p>	<p>13</p> <p>7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER</p>	<p>14</p>
<p>15</p> <p>9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>16</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>17</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>18</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>19</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 7:15 PM RESTORATIVE YOGA</p>	<p>20</p> <p>7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER</p>	<p>21</p> <p>7:00 AM YOGA TEACHER TRAINING 5:00 PM -6:30 PM SONG BOWL SOUND MEDITATION</p>
<p>22</p> <p>9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>23</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>24</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>25</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>26</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 7:15 PM RESTORATIVE YOGA</p>	<p>27</p> <p>7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER</p>	<p>28</p> <p>7:00 AM YOGA TEACHER TRAINING 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION</p>
<p>29</p> <p>9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>	<p>30</p> <p>6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA</p>	<p>31</p> <p>6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA</p>				