

# November 2018

# Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	2 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM – 6:30 PM \$5 MAT CLASS 7:15 PM RESTORATIVE YOGA	3 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	4 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
5 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	6 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	7 6:00 AM REFORMER 9:30 AM 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 – 6:30 PM \$5 MAT CLASS 7:15 PM RESTORATIVE YOGA	10 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	11 8:00 AM YOGA TEACHER TRAINING 5:00 PM – 6:30 PM SONG BOWL SOUND MEDITATION
12 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	13 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	14 6:00 AM REFORMER 9:30 AM 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 – 6:30 PM \$5 MAT CLASS 7:15 PM RESTORATIVE YOGA	17 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER 11:00 AM YOGA TEACHER TRAINING	18 8:00 AM YOGA TEACHER TRAINING 9:00 AM – 3:00 PM VEDIC ASTROLOGY 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
19 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	20 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	21 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM CANCELED 7:15 PM CANCELED	22 HAPPY THANKSGIVING  FROM ALL OF US AT BALANCED ENERGY STUDIOS	23 6:00 AM CANCELED 8:00 AM YOGA 9:30 AM REFORMER 6:00 PM – 6:30 PM \$5 MAT CLASS CANCELED 7:15 PM CANCELED	24 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	25
26 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	27 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	28 6:00 AM REFORMER 9:30 AM 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 – 6:30 PM \$5 MAT CLASS 7:15 PM RESTORATIVE YOGA		