

December 2018

Balanced Energy Studios

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--|
| | | | | | 1 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER 11:30 AM – 5:30 PM VEDIC ASTROLOGY 11:00 AM YOGA TEACHER TRAINING | 2 8:00 AM YOGA TEACHER TRAINING 9:00 AM – 3:00 PM VEDIC ASTROLOGY 5:00 PM -6:30 PM SONG BATH |
| 3 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA | 4 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA | 5 6:00 AM REFORMER 9:30 AM 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 | 8 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER 1:00 PM -6:00 PM HOLIDAY OPEN HOUSE & BOUTIQUE | 9 8:00 AM YOGA TEACHER TRAINING 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION |
| 10 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA | 11 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA | 12 6:00 AM REFORMER 9:30 AM 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 | 15 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER | 16 |
| 17 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA | 18 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA | 19 6:00 AM REFORMER 9:30 AM 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 | 22 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER | 23 8:00 AM – 3:00 PM MASSAGE DAY 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION |
| 24 9:30 AM REFORMER 5:00 PM CANCELED 6:00 PM CANCELED 7:15 PM CANCELED | 25 MERRY CHRISTMAS | 26 6:00 AM CANCELED 9:30 AM 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 | 29 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER | 30 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION |