

March 2019

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 6:00 AM REFORMER 9:30 AM REFORMER	2 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	3 9:00 AM – 10:30 AM HATHA FLOW YOGA
4 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	5 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	6 6:00 AM REFORMER 9:30 AM REFORMER 5:00 PM BELLIES, BUTTS & THIGHS 6:00 PM REFORMER 7:15 PM YOGA	7 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	8 6:00 AM REFORMER 9:30 AM REFORMER	9 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	10 9:00 AM – 10:30 AM VINYASSA YOGA 8:00 AM YOGA TEACHER TRAINING 5:00 PM -6:30 PM SONG BATH
11 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	12 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	13 6:00 AM REFORMER 9:30 AM REFORMER 5:00 PM BELLIES, BUTTS & THIGHS 6:00 PM REFORMER 7:15 PM YOGA	14 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	15 6:00 AM REFORMER 9:30 AM REFORMER	16 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	17 9:00 AM – 10:30 AM YIN YOGA 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
18 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	19 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	20 6:00 AM REFORMER 9:30 AM REFORMER 5:00 PM BELLIES, BUTTS & THIGHS 6:00 PM REFORMER 7:15 PM YOGA	21 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	22 6:00 AM REFORMER 9:30 AM REFORMER	23 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	24 9:00 AM – 10:30 AM KUNDALINI YOGA
25 9:30 AM REFORMER 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	26 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	27 6:00 AM REFORMER 9:30 AM REFORMER 5:00 PM BELLIES, BUTTS & THIGHS 6:00 PM REFORMER 7:15 PM YOGA	28 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	29 6:00 AM REFORMER 9:30 AM REFORMER	30 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	31 8:00 AM – 3:00 PM MASSAGE DAY 9:00 AM – 10:30 AM RESTORATIVE YOGA 4:00 PM - 5:30 PM CBD OIL INFORMATION EVENT