

April 2017

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 HAPPY EASTER
2 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	3 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	4 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 6:00 PM REFORMER 7:15 PM YOGA	5 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	6 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 6:30 PM -7:30 PM SOUND MEDITATION	7 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	8 9:00 AM BEG YOGA
9 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOG	10 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	11 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 6:00 PM REFORMER 7:15 PM YOGA	12 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	13 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 7:15 PM BEG YOGA	14 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	15 9:00 AM BEG YOGA 4:00 PM BEGINNING YOGA & GUIDED MEDITATION
16 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	17 6:00 AM REFORMER 10:30 AM REFORMER 12:30 PM ITOVI SCANS 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	18 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 6:00 PM REFORMER 7:15 PM YOGA	19 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	20 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 7:00 PM -9:00 PM ASTROLOGY & WINE	21 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	22 9:00 AM BEG YOGA 4:00 PM -5:00 PM SOUND MEDITATION
23 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	24 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	25 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 6:00 PM REFORMER 7:15 PM YOGA	26 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	27 6:00 AM REFORMER 9:30 AM REFORMER 10:30 AM CHAIR YOGA 7:15 PM BEG YOGA	28 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	29 9:00 AM BEG YOGA