

May 2017

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	2 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	3 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM GUIDED MEDITATION	4 6:00 AM REFORMER 9:30 AM REFORMER 6:30 PM -7:30 PM SOUND MEDITATION	5 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	6 4:00 PM – 5:30 PM BEGINNING YOGA & GUIDED MEDITATION
7 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	8 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	9 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	10 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM GUIDED MEDITATION	11 6:00 AM REFORMER 9:30 AM REFORMER 7:15 PM BEG YOGA	12 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	13
14 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOG	15 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	16 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	17 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM GUIDED MEDITATION	18 6:00 AM REFORMER 9:30 AM REFORMER 7:00 PM – 9:00 PM WINE, WOMEN & ASTROLOGY	19 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	20 MASSAGE DAY 4:00 PM -5:00 PM SOUND MEDITATION
21 9:30 AM MAT PILATES WITH PROPS 5:00 PM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	22 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	23 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	24 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM GUIDED MEDITATION	25 6:00 AM REFORMER 9:30 AM REFORMER 7:15 PM BEG YOGA	26 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	27
28 HAPPY MEMORIAL DAY STUDIO IS CLOSED	29 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	30 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	31 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM GUIDED MEDITATION			