

May 2019

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	2 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	3 6:00 AM REFORMER 9:30 AM REFORMER	4 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	5 9:00 AM – 10:30 AM VINYASA YOGA 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
6 9:30 AM REFORMER 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 6:00 PM REFORMER 7:15 PM YOGA	9 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	10 6:00 AM REFORMER 9:30 AM REFORMER	11 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	12 MOTHERS DAY
13 9:30 AM REFORMER 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 6:00 PM REFORMER 7:15 PM YOGA	16 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	17 6:00 AM REFORMER 9:30 AM REFORMER	18 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER 10:30 AM – 5:00 PM MASSAGE DAY	19 9:00 AM – 10:00 AM YIN YOGA 4:00 PM - 5:30 PM CBD OIL INFORMATION EVENT
20 9:30 AM REFORMER 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 6:00 PM REFORMER 7:15 PM YOGA	23 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	24 6:00 AM REFORMER 9:30 AM REFORMER 7:00 PM – 8:30 PM GENTLE YOGA & GUIDED MEDITATION	25 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	26 9:00 AM – 10:30 AM KUNDALINI YOGA 5:00 PM -6:30 PM SOUND BATH
27 9:30 AM REFORMER 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 6:00 PM REFORMER 7:15 PM YOGA	30 6:00 AM REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	31 6:00 AM REFORMER 9:30 AM REFORMER		