

July 2017

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
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 REF 6:00 PM REFORMER 7:15 PM BEG YOGA	4 9:00 AM – 10:30 AM BEGINNING YOGA & GUIDED MEDITATION	5 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM BEG YOGA	6 6:00 AM REFORMER 9:30 AM REFORMER	7 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	8 4:00 PM – 5:30 PM BEGINNING YOGA & GUIDED MEDITATION
9 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 REF 6:00 PM REFORMER 7:15 PM BEG YOGA	11 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	12 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM BEG YOGA	13 6:00 AM REFORMER 9:30 AM REFORMER 4:00 PM – 5:30 PM BEGINNING YOGA & GUIDED MEDITATION	14 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	15
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 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM BEG YOGA	18 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	19 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM BEG YOGA	20 6:00 AM REFORMER 9:30 AM REFORMER 7:00 PM -9:00 PM WINE, WOMEN & ASTROLOGY	21 MASSAGE DAY 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	22 4:00 PM – 5:30 PM BEGINNING YOGA & GUIDED 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 REF 6:00 PM REFORMER 7:15 PM BEG YOGA	25 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	26 6:00 AM REFORMER 10:30 AM REFORMER 5:00 PM CARDIO REF 6:00 PM REFORMER 7:15 PM BEG YOGA	27 6:00 AM REFORMER 9:30 AM REFORMER	28 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	29 4:00 PM -5:00 PM SONG BOWL SOUND MEDITATION