

September 2019

Balanced Energy Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 9:00 AM – 10:00 AM VINYASA YOGA
2 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	3 6:00 AM REFORMER 10:30 AM GENTLE REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	4 6:00 AM REFORMER 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	5 6:00 AM REFORMER 9:30 AM GENTLE REFORMER 10:30 AM REFORMER 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 9:00 AM – 10:00 AM HATHA YOGA 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
9 8:00 AM – 9:00 AM \$5 PILATES * 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	10 6:00 AM REFORMER 10:30 AM GENTLE REFORMER 10:30 AM REFORMER 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 9:30 AM GENTLE REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	13 6:00 AM REFORMER 9:30 AM REFORMER	14 7:45 AM \$5 YOGA 9:00 AM REFORMER 10:00 AM REFORMER	15 9:00 AM – 10:00 AM YIN YOGA 10:30 AM – 4:45 PM MASSAGE 5:00 PM – 6:30 PM SOUND BATH
16 8:00 AM – 9:00 AM \$5 PILATES * 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	17 6:00 AM REFORMER 10:30 AM GENTLE REFORMER 10:30 AM REFORMER 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 9:30 AM GENTLE REFORMER 10:30 AM REFORMER 6:00 PM REFORMER 7:15 PM BEG YOGA	20 6:00 AM REFORMER 9:30 AM REFORMER	21 7:45 AM YOGA 9:00 AM REFORMER 10:00 AM REFORMER	22 9:00 AM – 10:00 AM HATHA YOGA 4:00 PM – 5:30 PM GENTLE YOGA & GUIDED MEDITATION
23 8:00 AM – 9:00 AM \$5 PILATES * 9:30 AM REFORMER 6:00 PM REFORMER 7:15 PM YOGA	24 6:00 AM REFORMER 10:30 AM GENTLE REFORMER 10:30 AM REFORMER 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 9:30 AM GENTLE REFORMER 10:30 AM REFORMER 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 9:00 AM – 11:00 AM INTRO TO YOGA FUNDAMENTALS 5:00 PM – 7:00 PM SACRED HEALING JOURNEY

* Class is offered for existing clientele only. Teachers will be teachers in training.