

Class Schedule January 2019

Balanced Energy Studios

PILATES & YOGA

Morning Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00		Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00		
6:30							
7:00							
7:30							
8:00						Yoga 7:45 - 8:45	
8:30							
9:00						Reformer 9:00 - 10:00	
9:30	Reformer 9:30 - 10:30		Reformer 9:30 - 10:30		Reformer 9:30 - 10:30		
10:00						Reformer 10:00 - 11:00	
10:30		Reformer 10:30 - 11:30		Reformer 10:30 - 11:30			
11:00							

Evening Schedule

4:00							Gentle Yoga & Guided Meditation January 27th 4:00 - 5:30
4:30							
5:00	Reformer 5:00 - 6:00						
5:30							
6:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	\$10 Mat Pilates 6:00 - 6:30		
6:30					Beg Yoga 6:30 - 7:30		
7:00							
7:15	Yoga 7:15 - 8:15	Beg Yoga 7:15 - 8:15	Yoga 7:15 - 8:15	Beg Yoga 7:15 - 8:15			
8:15							

