

Class Schedule February 2019

Balanced Energy Studios

PILATES & YOGA

Morning Schedule

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

Evening Schedule

4:00							Gentle Yoga & Guided Meditation February 17th 4:00 - 5:30
4:30							
5:00	Reformer						
5:30	5:00 - 6:00						
6:00	Reformer	Reformer	Reformer	Reformer	\$10 Mat Pilates		
6:30	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 6:30		
7:00					Restorative Yoga		
7:15	Yoga	Beg Yoga	Yoga	Beg Yoga	6:30 - 7:30		
8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15			

