

# Class Schedule May 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	Yoga <small>See Website for Details</small>
9:30	Reformer		Reformer		Reformer	9:00 - 10:00	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
4:30							& Guided Meditation
5:00							May 14th
5:30							4:00 - 5:30
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					Gentle Yoga		
7:15	Yoga	Beg Yoga	Yoga	Beg Yoga	& Guided Meditation		
8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	May 24th		
					7:00 - 8:30		

