



WINTER SCHEDULE

FOR THE MOST UP-TO-DATE SCHEDULE ALWAYS CHECK YOUR MINDBODY APP

MONDAYS:

9:30 - 10:30 AM: FUSION - HEATED
12:00 - 1:00 PM: VINYASA 2 - HEATED
2:00 - 3:00 PM: VINYASA & YIN - NO HEAT
4:30 - 5:30 PM: VINYASA 1 - NO HEAT \$10 HAPPY HOUR
6:15 - 7:15 PM: FUSION - HEATED

TUESDAYS:

6:00 - 7:00 AM: VINYASA 2 - HEATED
8:15 - 9:15 AM: POWER YOGA - HEATED
9:30 - 10:30 AM: VINYASA 2 - HEATED
12:00 - 1:00 PM: FUSION - HEATED
2:00 - 3:00 PM: GENTLE FLOW - COOLED
4:30 - 5:30 PM: VINYASA 2 - HEATED \$10 HAPPY HOUR
6:15 - 7:15 PM: ASHTANGA - NO HEAT

WEDNESDAYS:

8:15 - 9:15 AM: VINYASA 2 - HEATED
9:30 - 10:30 AM: FUSION - HEATED
12:00 - 1:00 PM: VINYASA 2 - HEATED
4:30 - 5:30 PM: FUSION - HEATED \$10 HAPPY HOUR
6:15 - 7:30 PM: VINYASA 1 - 75 MIN. - WARM

THURSDAYS:

6:00 - 7:00 AM: VINYASA 2 - HEATED
9:30 - 10:30 AM: VINYASA 2 - HEATED
12:00 - 1:00 PM: FUSION - HEATED
1:15 - 1:45 PM: MEDITATION - \$10
2:00 - 3:00 PM: GENTLE FLOW - COOLED
4:30 - 5:30 PM: VINYASA 1 - NO HEAT \$10 HAPPY HOUR
6:15 - 7:15 PM: VINYASA 2 - HEATED
7:30 - 8:45 PM: CANDLELIGHT YIN - 75 MIN. - NO HEAT

FRIDAYS:

8:15 - 9:15 AM: VINYASA 2 - HEATED
9:30 - 10:30 AM: FUSION - HEATED
10:45 - 11:45 AM: VINYASA 1 - NO HEAT
12:00 - 1:00 PM: VINYASA 2 - HEATED
4:30 - 5:30 PM: ASHTANGA - NO HEAT

SATURDAYS:

8:30 - 9:30 AM: VINYASA 1 - NO HEAT
10:00 - 11:00 AM: VINYASA 2 - HEATED
11:30 - 12:30 PM: FUSION - HEATED

SUNDAYS:

8:30 - 9:30 AM: CRUNCH BEFORE BRUNCH - HEATED
10:00 - 11:00 AM: FUSION - HEATED
11:30 - 12:30 PM: VINYASA 2 - HEATED
1:00 - 2:00 PM: VINYASA & YIN - NO HEAT

FOR A COMPLETE DESCRIPTION OF CLASSES AND PRICES, PLEASE VISIT US AT WWW.BALANCEYOGA.COM
OR EMAIL YOUR QUESTIONS TO INFO@BALANCEYOGA.COM

1010 RANCH RD 620 SOUTH
SUITE 100
LAKEWAY, TX 78734

512-263-8794

***FOR THE MOST UP-TO-DATE SCHEDULE & TEACHER CHANGES, ALWAYS CHECK YOUR
MINDBODY APP/SITE: WWW.MINDBODY.COM***

EXTRA FUN THIS WINTER

Y*I*N*G*O CHALLENGE

YOGA BINGO COMING IN FEBRUARY! FREE!
IT'S EASY! COMPLETE A ROW OF 5 AND BE ENTERED
TO WIN GREAT PRIZES! FILL IN THE ENTIRE CARD &
BE ENTERED TO WIN THE GRAND PRIZE!
FEBRUARY 1, 2019 - FEBRUARY 28, 2019

Healthy Hips Workshop with Terri

SATURDAY, FEBRUARY 23, 1:00 - 2:30 PM
THIS WORKSHOP WILL ADDRESS HIP ISSUES,
BASIC ANATOMY, WORKING INTO DEEPER
POSTURES, RELEASING & RELAXING.
\$15 MEMBERS \$20 NON MEMBERS

108 SUN SALUTATIONS WITH TERRI

YOU ASKED FOR IT! TO START EVERY NEW SEASON
TERRI WILL GUIDE 108 SUN SALUTATIONS AND
MEDITATION! JOIN HER FOR THE KICK-OFF OF
SPRING, MARCH 9TH, FROM 1:00 - 2:30 PM
\$10 MEMBERS \$15 NON MEMBERS

YOGA NIDRA WITH AMY

OFFERED TWICE A MONTH EVERY MONTH!
COME ENJOY DEEP RELAXATION & MEDITATION
REDUCE ANXIETY AND STRESS
CHECK THE FLYERS FOR UPCOMING DATES

