



WINTER SCHEDULE

MONDAYS:

9:30 - 10:30 AM: FUSION - HEATED
12:00 - 1:00 PM: VINYASA 2 - HEATED
4:30 - 5:30 PM: VINYASA 1 - NO HEAT \$10 HAPPY HOUR
6:15 - 7:15 PM: CANDLELIGHT YIN - 60 MIN - NO HEAT

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 - NO HEAT \$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. - NO HEAT

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 - NOW ONLY \$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

JOIN MALIA FOR 30 MIN OF VINYASA, FOLLOWED BY 30 MIN OF YIN

CHRISTMAS SCHEDULE

CHRISTMAS EVE: 2 CLASSES ONLY!
FUSION AT 9:30 AM WITH NANI
VINYASA 2 AT 12:00 WITH NANI
ALL OTHER CLASSES CANCELLED 12/24-12/25
8:15AM DEC. 26th is CANCELLED

NEW YEAR'S SCHEDULE

NEW YEAR'S EVE: 2 CLASSES ONLY!
FUSION AT 9:30 WITH LAURA
VINYASA 2 AT 12:00 WITH TERRI

NEW YEAR'S DAY

VINYASA 2 AT 9:30 WITH TERRI

108 SUN SALUTATIONS WITH TERRI

NEW YEAR'S DAY 11:30 - 1:00
\$10 MEMBERS, \$15 NON MEMBERS
BEGIN 2019 WITH A COMMUNITY PRACTICE!

EXTRA FUN THIS SEASON

MASTERCLASS WITH LEAH CULLIS!

MEET THE AMAZING PUBLISHED AUTHOR & WANDERLUST MENTOR TO ERIN AND MORGAN!
60 MIN POWER YOGA CLASS & BOOK SIGNING
SATURDAY, DECEMBER 15, 1 - 2:30PM
\$15 MEMBERS, \$20 NON MEMBERS
BOOKS WILL BE AVAILABLE FOR PURCHASE

START A HOME MEDITATION PRACTICE

JOIN SARA-MAI, SUNDAY, JANUARY 13, 2:30-4 pm
LEARN PRACTICAL TIPS FOR STARTING A SIMPLE AT HOME MEDITATION PRACTICE.
RECEIVE AN EASY GUIDELINE AND 2 GUIDED MEDITATIONS FOR LISTENING/READING
TEENAGERS TO ADULTS WELCOME!
\$24 MEMBERS, \$32 NON MEMBERS

CURIOUS ABOUT CRYSTALS?

JOIN ELISHA, SUNDAY, FEBRUARY 10, 2:30-3:30 PM
LEARN THE MAGIC & POWER OF CRYSTALS
IN YOUR EVERYDAY LIFE! MORE INFO COMING SOON

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

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