



## EARLY FALL SCHEDULE

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

**\*Balance's door is open 15 min. before & after each class. For the safety of our students, the door is locked PROMPTLY at the start of class. Please arrive 10 minutes prior to your class start time.\***

### 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  
7:00 - 8:30 PM: CANDLELIGHT YIN - 90 MIN. - NO HEAT

### TUESDAYS:

6:00 - 7:00 AM: VINYASA 2 - HEATED  
9:30 - 10:30 AM: VINYASA 2 - HEATED  
12:00 - 1:00 PM: FUSION - HEATED  
2:00 - 3:00 PM: YOGA THERAPY - COOLED  
6:15 - 7:15 PM: ASHTANGA FLOW - NO HEAT

### WEDNESDAYS:

6:00 - 7:00 AM: ASHTANGA FLOW - NO HEAT  
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 **\*new class**  
6:15 - 7:15 PM: VINYASA 1 - NO HEAT **\*new class**  
7:30 - 9:00 PM: CANDLELIGHT YIN - 90 MIN. - NO HEAT

### FRIDAYS:

8:15 - 9:15 AM: VINYASA 2 - HEATED  
9:30 - 10:30 AM: FUSION - HEATED  
11:00 - 12:15 pm: FRIDAY FLOW - WARM  
4:30 - 5:30 PM: ASHTANGA FLOW - 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/FUSION SCULPT - HEATED

### SUNDAYS:

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

**\*\*KICK-ASS YOGA - HEATED, STARTING SEPT. 15\*\***

### EXTRA FALL FUN

#### **BACK TO BASICS WORKSHOP**

JOIN TERRI SATURDAY, SEPT. 14  
FROM 2-3:30 AND UN-DO ALL  
YOUR YOGA BAD HABITS & LEARN  
CORRECT MODIFICATIONS FOR YOU!

#### **FULL MOON YIN & SOUND BATH**

JOIN LAURA SUNDAY, SEPTEMBER 15  
from 7-8:30pm. Bring your journal!  
Welcome the Fall Harvest Moon with us

#### **FALL EQUINOX 108 & GATHERING**

JOIN TERRI SATURDAY, SEPT. 28  
108 SUN SALUTATION 5:00 - 6:30PM  
FOLLOWED BY AN OPTIONAL  
COMMUNITY GATHERING MEAL!

#### **FLOAT FORWARD & HOP BACK**

JOINSARA-MAI & CASIE HALL ON  
SATURDAY, OCTOBER 26, 1-3PM  
ALL LEVELS WELCOME, LEARN THE  
SKILLS TO FLOAT TO FOLD & HOP  
BACK TO LOW PLANK.

#### **FINDING BALANCE: IN MEDITATION & BEYOND**

JOIN SARA-MAI ON SUNDAY, NOV. 24  
FROM 4-6 PM FOR HER LATEST  
MEDITATION WORKSHOP!

FOR A COMPLETE DESCRIPTION OF CLASSES AND PRICES, VISIT [WWW.BALANCEYOGA.COM](http://WWW.BALANCEYOGA.COM) OR EMAIL  
QUESTIONS TO [INFO@BALANCEYOGA.COM](mailto:INFO@BALANCEYOGA.COM) or PHONE #512-607-5143