



EARLY SPRING 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: **YOGA + STRENGTH - WARM**
4:30 - 5:30 PM: VINYASA 1 - NO HEAT \$15 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:

9:30 - 10:30 AM: FUSION - HEATED
12:00 - 1:00 PM: VINYASA 2 - HEATED
4:30 - 5:30 PM: FUSION - HEATED \$15 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
6:15 - 7:15 PM: **CANDLE. MOVEMENT & MEDITATION - NO HEAT**

FRIDAYS:

8:15 - 9:15 AM: VINYASA 2 - HEATED
9:30 - 10:30 AM: FUSION - HEATED
11:00 - 12:15 pm: MOVEMENT & MEDITATION - WARM

SATURDAYS:

8:30 - 9:30 AM: VINYASA 1 - WARM
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 - WARM
10:00 - 11:00 AM: FUSION - HEATED
11:30 - 12:30 PM: VINYASA 2 (KICK-A\$\$ YOGA) - HEATED

VIN/YIN & SOUND BATH

MONDAY, MARCH 9

7-8:30PM WITH LAURA

***Instead of regular Yin class**

\$25 Members

\$30 Non Members

****NEW CLASS****

FOR A COMPLETE DESCRIPTION OF CLASSES AND PRICES, VISIT WWW.BALANCEYOGA.COM OR EMAIL QUESTIONS TO INFO@BALANCEYOGA.COM or PHONE #512-607-5143