



# 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. - 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 - \$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

## 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

### PARTNER YOGA/THAI WORKSHOP

SUNDAY, FEBRUARY 3, FROM 2:30-4:00 PM  
GRAB A FRIEND, SPOUSE, TEENAGER...AND  
JOIN MALIA FOR A FUN AFTERNOON OF PLAY!  
\$30 PARTNER REGISTRATION IS REQUIRED!

### CURIOUS ABOUT CRYSTALS?

JOIN ELISHA, SUNDAY, FEBRUARY 10, 2:30-3:30 PM  
LEARN THE MAGIC & POWER OF CRYSTALS  
RECEIVE THREE CRYSTALS TO TAKE HOME!  
\$24 MEMBERS, \$32 NON MEMBERS  
IN CONJUNCTION WITH RITUALS AUSTIN

### Healthy Hips Workshop with Terri

SATURDAY, FEBRUARY 23, 1:00 - 2:30 PM  
MORE INFORMATION COMING SOON!

### 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

FOR A COMPLETE DESCRIPTION OF CLASSES AND PRICES, PLEASE VISIT US AT [WWW.BALANCEYOGA.COM](http://WWW.BALANCEYOGA.COM)  
OR EMAIL YOUR QUESTIONS TO [INFO@BALANCEYOGA.COM](mailto:INFO@BALANCEYOGA.COM)

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