

October

YOGA & FITNESS CLASS

schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:15	Fitness + Yoga Fusion		Vinyasa Flow Yoga				
08:30							
08:45							
09:00		Peaceful Warrior Flow Yoga		Oct 1 & 8 YIn Yoga			
09:15							
09:30	Hatha Slow Flow Yoga				Tranquil Flow + Restore Yoga	Oct 15 th & After Hatha Flow Yoga	Gentle Flow Yoga
09:45							
10:00							
10:15							
10:30							
10:45						Oct 24 th 12-2pm past life regression w/Kim	
12:15				Lunchtime Yoga Flow			
12:30							
12:45							
1:00							
4:00						Oct 3, 10, 17, 24 2:30-3:45pm Know Your Hips	Community Flow + Restore Yoga
4:15	BalanceBwk.com/classes						
4:30					Oct 2 nd 5:00 - 6:30pm First Friday Open House		
4:45							
5:00							
5:15	Barre + Stretch			HIIT Circuit			
5:30		Hot Yoga	Yin Yoga				
5:45							
6:00							
6:15							
6:30							

BalanceBwk.com/classes
