

Class Schedule July 2020

Balanced Energy Studios

Pilates & Yoga In-Studio Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00		Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00	Reformer 6:00 - 7:00		
07:30						Hatha Yoga 7:30 -8:30	
08:30							
09:00	Reformer 9:00 - 10:00	Reformer 9:00 - 10:00	Reformer 9:00 - 10:00	Reformer 9:00 - 10:00	Reformer 9:00 - 10:00	Reformer 9:00 - 10:00	Hatha Yoga 9:00-10:00
10:00	Reformer 10:00-11:00		Reformer 10:00-11:00		Reformer 10:00-11:00	Reformer 10:00-11:00	
11:00							
04:00							Gentle Yoga/Guided Meditation See Website for Dates
05:00							
06:00	Restor Yoga 6:00 -7:00	Reformer 6:00 -7:00	MELT 6:00 -7:00	Reformer 6:00 -7:00			
07:15	Hatha Yoga 7:15 -8:15	Beg Yoga 7:15 -8:15	Hatha Yoga 7:15 -8:15	Beg Yoga 7:15 -8:15	Kundalini 7:00 - 8:15		

Pilates & Yoga Virtual Sessions

06:00	VIRTUAL ONLY						
07:30	VIRTUAL/IN STUDIO					Hatha Yoga 7:30 -8:30	
08:30							
09:00			Hatha Yoga 9:00-10:00		Hatha Yoga 9:00-10:00	Mat Pilates 9:00-10:00	Hatha Yoga 9:00-10:00
10:00							
11:00							
04:00							Gentle Yoga/Guided Meditation See Website for Dates
05:00							
06:00	Mat Pilates 6:00-7:00		Mat Pilates 6:00-7:00				
07:15	Hatha Yoga 7:15 -8:15	Beg Yoga 7:15 -8:15	Hatha Yoga 7:15 -8:15	Beg Yoga 7:15 -8:15	Kundalini 7:00 - 8:15		