



# HOLIDAY SCHEDULE

## MONDAYS:

9:30 - 10:30 AM: FUSION - HEATED  
10:45 - 11:45 AM: YOGA SCULPT \*THROUGH NOVEMBER\*  
12:00 - 1:00 PM: VINYASA 2 - \*NOW HEATED\*  
4:30 - 5:30 PM: VINYASA 1 - NO HEAT \$10 HAPPY HOUR  
6:15 - 7:15 PM: CANDLELIGHT YIN-30 MIN-NO HEAT

## TUESDAYS:

6:00 - 7:00 AM: VINYASA 2 - HEATED  
8:15 - 9:15 AM: POWER YOGA - HEATED \*NEW DAY\*  
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 - NO HEAT \$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  
10:45 - 11:45 AM: YOGA SCULPT - WARMED \*NEW DAY\*  
12:00 - 1:00 PM: VINYASA 2 - \*NOW 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 - NOW ONLY \$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 - \*NOW 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: VIN YIN - NO HEAT \*NEW CLASS\*  
\*JOIN MALIA FOR 30 MIN OF VINYASA, FOLLOWED BY 30 MIN OF YIN\*

## HOLIDAY CLASS SCHEDULE

### **THANKSGIVING** - 1 CLASS ONLY!

VINYASA 2 AT 9:30 AM WITH NANI  
\*ALL OTHER CLASSES CANCELLED FOR THE DAY\*

BLACK FRIDAY, NOVEMBER 23, 8:15 AM CANCELLED  
ALL OTHER CLASSES WILL HAPPEN!

## **CHRISTMAS SCHEDULE**

CHRISTMAS EVE: 2 CLASSES ONLY!

FUSION AT 9:30 AM WITH NANI  
VINYASA 2 AT 12:00 WITH NANI  
\*ALL OTHER CLASSES CANCELLED ON CHRISTMAS\*

## **NEW YEAR'S SCHEDULE**

NEW YEAR'S EVE: 2 CLASSES ONLY!

FUSION AT 9:30 WITH LAURA  
VINYASA 2 AT 12:00 WITH TERRI

### **NEW YEAR'S DAY**

VINYASA 2 AT 9:30 WITH TERRI

### **108 SUN SALUTATIONS WITH TERRI**

NEW YEAR'S DAY 11:30 - 1:00  
BEGIN 2019 WITH A COMMUNITY PRACTICE  
MORE INFORMATION COMING SOON!

### **YOGA NIDRA**

TUESDAY, NOVEMBER 27, CANDLELIGHT  
FROM 7:30 - 8:45 PM  
WEDNESDAY, NOVEMBER 28, DAYLIGHT  
FROM 2:00 - 3:00 PM

### **CPR TRAINING**

JOIN BALANCE TEACHERS AND RENEW  
OR GET CERTIFIED IN CPR!  
\$50 FEE PAID DIRECTLY TO SAV-A-HEART II  
SATURDAY, DECEMBER 8, AT 1:00

### **SPECIAL GUEST TEACHER LEAH CULLIS!**

MEET THE AMAZING PUBLISHED AUTHOR &  
WANDERLUST MENTOR TO ERIN AND MORGAN!  
BOOK SIGNING FOLLOWING A POWER YOGA CLASS  
SATURDAY, DECEMBER 15, AT 1:00 PM

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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