

Yoga Balance



TUESDAY (12/24)

9:30 AM - 10:30 AM

GENTLE/BASIC FLOW

CLOSED DEC 25 & DEC 26

FRIDAY (12/27)

9:30 AM - 10:30 AM

GENTLE/BASIC

SATURDAY (12/28)

9:00 AM - 10:00 AM

GENTLE/BASIC FLOW

TUESDAY (12/31)

9:30 AM - 10:30 AM

GENTLE/BASIC FLOW

WEDNESDAY (1/1)

9:00 AM - 9:45 AM

GENTLE - **FREE** at the Grayslake Park District

10:00 PM - 10:45 AM

THURSDAY (1/2)

9:30 AM - 10:30 AM

GENTLE/BASIC FLOW

12:00 PM - 1:00 PM

GENTLE/BASIC

Our regular schedule will resume on Friday, January 3rd

Merry Christmas and Happy New Year