

Yoga Balance

THANKSGIVING CLASS SCHEDULE

MONDAY (11/20)

5:30 PM - 6:30 PM

GENTLE/BASIC

7:00 PM - 8:00 PM

BASIC

TUESDAY (11/21)

9:30 AM - 10:30 AM

GENTLE/BASIC

FRIDAY (11/24)

9:30 AM - 10:45 AM

GENTLE/BASIC (*Heather Eisenhour*)

SATURDAY (11/25)

9:00 AM - 10:00 AM

BASIC

WEEK OF 11/27 CLASS SCHEDULE

MONDAY (11/27)

5:30 PM - 6:30 PM

GENTLE/BASIC

7:00 PM - 8:00 PM

BASIC

TUESDAY (11/28)

9:30 AM - 10:30 AM

GENTLE/BASIC

12:00 PM - 1:00 PM

GENTLE/BASIC

WEDNESDAY (11/29)

9:00 AM - 10:00 AM

BASIC

THURSDAY (11/30)

6:30 PM - 7:30 PM

RESTORATIVE

SATURDAY (12/2)

9:00 AM - 10:00 AM

BASIC



GRATEFUL
THANKFUL
BLESSED

