

# *Yoga Balance*



**CLOSED DEC 25 - DEC 26**

## WEDNESDAY (12/27)

9:00 AM - 10:00 AM	BASIC
11:00 AM - 12:00 PM	STRETCH, STRENGTH & BALANCE
7:15 PM - 8:15 PM	BASIC

## THURSDAY (12/28)

9:30 AM - 10:30 AM	GENTLE/BASIC
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## FRIDAY (12/29)

9:30 AM - 10:45 AM	GENTLE FLOW (Heather)
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## SATURDAY (12/30)

9:00 AM - 10:00 PM	BASIC
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**CLOSED JAN 1**

Our regular schedule will resume on Tuesday, January 2nd

**Merry Christmas and Happy New Year**