



YOGA

Updated February 6, 2024 -- Real Time Changes Reflected Online Only

Studio Schedule

Monday	9:00-10:00am Peaceful Warrior Flow
Tuesday	9:00-10:00am Peaceful Warrior Flow
Wednesday	9:30-10:45am Dynamic Flow Yoga
Wednesday Feb 21 Only	5:30-6:45pm Pop-Up Yin Yoga w/Jen
Thursday	9:30-10:15am Yin Yoga
Thursday	12:15-1:00pm Lunch Break Yoga Boost
Friday	9:30-10:45am Gentle Flow Yoga
Saturday	9:30-10:45am CHECK ONLINE SCHEDULE: Dive Into Presence Workshop Feb. 10
Sunday	4:00-5:30pm Community Kripalu Yoga

Book Online w/Mindbody App or
at www.BalanceBWK.com



FITNESS

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Studio Schedule

Monday	5:00-5:30pm Barre Blast
Monday	5:45-6:45pm TRX Bootcamp
Tuesday	5:30-6:30pm Barre w/ Hillary
Thursday	5:00-5:30pm Barre + Box
Thursday	5:45-6:45pm HIIT Cardio Circuit
Friday Feb. 23 Only	5:30-6:45pm Yamuna Body Rolling: Neck & Shoulders

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