



YOGA

Studio Schedule

Monday	9:30-10:30am Vinyasa Flow Yoga
Tuesday	9:00-10.00am Gentle Flow + Hatha Yoga
Tuesday	5:45-7.00pm Flow & Slow Yoga
Wednesday	9:30-10.45am Dynamic Flow Yoga
Thursday	10:00-11.00am Yin Yoga
Thursday	12:15-1.00pm Lunch Break Yoga Boost
Friday	9:30-10.45am Gentle Flow Yoga
Saturday	9:30-10.45am Open Vinyasa Flow Yoga
Sunday	4:00-5.30pm Community Kripalu Yoga

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