



YOGA

Updated January 2, 2024 -- Real Time Changes Reflected Online Only

Studio Schedule

Monday	9:00-10:00am Vinyasa Flow Yoga
Tuesday	9:00-10:00am Gentle Flow + Hatha Yoga
Wednesday	9:30-10:45am Dynamic Flow Yoga
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
Sunday	4:00-5:30pm Community Kripalu Yoga

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



FITNESS

Updated January 2, 2024 -- Real Time Changes Reflected Online Only

Studio Schedule

Monday	5:00-5:30pm Barre Blast
Monday	5:45-6:45pm HIIT Cardio Circuit
Tuesday	5:30-6:30pm (1st & 3rd week Only) Barre w/ Hillary
Thursday	5:00-5:30pm Barre + Box
Thursday	5:45-6:45pm HIIT Cardio Circuit

