



## Other Classes/Workshops

Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
						8:00 AM Hot Yoga
				12:00 PM Yoga-lates		10:00 AM Hathalini™
3:00 PM Yoga Foundations	7:30 PM Yoga for Cancer	7:30 PM Restorative	7:30 PM Yoga Foundations	7:30 PM Hot Yoga		12:00 PM Baby & Me
3:30 PM Pranayama/ Yin						
Sunday 01	Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06	Saturday 07
						8:00 AM Hot Yoga
				12:00 PM Yoga-lates		10:00 AM Hathalini™
3:00 PM Yoga Foundations						11:30 AM Hatha Blend
3:30 PM Pranayama/ Yin						12:00 PM Baby & Me
	7:30 PM Yoga for Cancer	7:30 PM Restorative	7:30 PM Yoga Foundations	7:30 PM Hot Yoga		1:30 PM Prenatal Yoga
						3:00 PM Family Yoga (1st Saturday each month)
Sunday 08	Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
						8:00 AM Hot Yoga
				12:00 PM Yoga-lates		10:00 AM Hathalini™
3:00 PM Yoga Foundations	7:30 PM Yoga for Cancer	7:30 PM Restorative	7:30 PM Yoga Foundations	7:30 PM Hot Yoga		11:30 AM Hatha Blend
3:30 PM Pranayama/ Yin						
						1:30 PM Prenatal Yoga
						2:00 PM Shift Happens Workshop (see web)
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
						8:00 AM Hot Yoga
				12:00 PM Yoga-lates		10:00 AM Hathalini™
3:00 PM Yoga Foundations	7:30 PM Yoga for Cancer	7:30 PM Restorative	7:30 PM Yoga Foundations	7:30 PM Hot Yoga		11:30 AM Hatha Blend
3:30 PM Pranayama/ Yin						
Sunday 22: Yoga on the Run Workshop	Regular Schedule Unchanged Through August					1:30 PM Prenatal Yoga
Sunday 29: Walking Tall Workshop See web for details						

### Clintonville

3526 N. High Street • Columbus, OH 43214 • 614.265.9642

Please visit [www.balancedyoga.net](http://www.balancedyoga.net) for more information