



Vinyasa *July-August*

Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
8:30 - 10:00 AM Vinyasa Level 1		9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Hatha Flow	9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Vinyasa Level 1	8:30 - 9:45 AM Vinyasa Level 1
	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga		12:00 - 1:00 PM Lunch Time Yoga	9:30 - 11:00 AM Vinyasa Levels 2/3
4:45 - 6:15 PM Open All Levels	5:45 - 7:15 PM Vinyasa Level 2	5:45 - 7:15 PM Vinyasa Levels 2/3	5:45 - 7:15 PM Vinyasa Level 2	Vinyasa Level 2/3 5:45 - 7:15 PM	5:45 - 7:15 PM Vinyasa Level 2	
	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1		
Sunday 01	Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06	Saturday 07
8:30 - 10:00 AM Vinyasa Levels 1		9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Hatha Flow	9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Vinyasa Level 1	8:30 - 9:45 AM Vinyasa Level 1
	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga		12:00 - 1:00 PM Lunch Time Yoga	
4:45 - 6:15 PM Open All Levels	5:45 - 7:15 PM Vinyasa Level 2	5:45 - 7:15 PM Vinyasa Levels 2/3	5:45 - 7:15 PM Vinyasa Level 2		5:45 - 7:15 PM Vinyasa Level 2	
	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1		
Sunday 08	Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
8:30 - 10:00 AM Vinyasa Levels 1		9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Hatha Flow	9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Vinyasa Level 1	8:30 - 9:45 AM Vinyasa Level 1
	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga		12:00 - 1:00 PM Lunch Time Yoga	
4:45 - 6:15 PM Open All Levels	5:45 - 7:15 PM Vinyasa Level 2	5:45 - 7:15 PM Vinyasa Levels 2/3	5:45 - 7:15 PM Vinyasa Level 2		5:45 - 7:15 PM Vinyasa Level 2	
	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1		
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
8:30 - 10:00 AM Vinyasa Levels 1		9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Hatha Flow	9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Vinyasa Level 1	8:30 - 9:45 AM Vinyasa Level 1
	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga		12:00 - 1:00 PM Lunch Time Yoga	
4:45 - 6:15 PM Open All Levels	5:45 - 7:15 PM Vinyasa Level 2	5:45 - 7:15 PM Vinyasa Levels 2/3	5:45 - 7:15 PM Vinyasa Level 2		5:45 - 7:15 PM Vinyasa Level 2	
	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1	7:30 - 9:00 PM Vinyasa Level 1	6:00 - 7:15 PM Vinyasa Level 1		

Clintonville

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Please visit www.balancedyoga.net for more information