

# Balanced Yoga Class Schedule July 2010

Balanced Yoga, Ashtanga Class Schedule, Specialty Classes, Vinyasa Class Schedule, US Holidays

Jul 2010 (Eastern Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
<p><b>Independence Day</b></p> <p><b>No Classes</b></p>	<p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga For Cancer</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Ashtanga Level 1</p> <p>7:30pm - Restorative</p>	<p>9am - Hatha Flow</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Ashtanga Primary (2)</p> <p>5:45pm - Vinyasa Level 2</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga Foundations</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Yoga-lates</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Hot Yoga</p> <p>7:30pm - Pranavam/Restorative</p>	<p>9am - Vinyasa Level 1</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:30pm - Mysore (Ashtanga)</p> <p>5:45pm - Vinyasa Level 2</p>	<p>8am - Hot Yoga</p> <p>8:30am - Vinyasa Level 1</p> <p>9:30am - Vinyasa Level 2/3</p> <p>10am - Hatha/ini</p> <p>11:30am - Hatha Blend (1-2)</p> <p>12pm - Mama &amp; Baby</p> <p>1:30pm - Prenatal Yoga</p> <p>3pm - Family Yoga</p>
11	12	13	14	15	16	17
<p>8:30am - Vinyasa Level 1</p> <p>9:00am - Ashtanga Primary</p> <p>3pm - Yoga Foundations</p> <p>3:30pm - Pranavama/Restorative</p> <p>4:45pm - Open Vinyasa (All)</p>	<p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga For Cancer</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Ashtanga Level 1</p> <p>7:30pm - Restorative</p>	<p>9am - Hatha Flow</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Ashtanga Primary (2)</p> <p>5:45pm - Vinyasa Level 2</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga Foundations</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Yoga-lates</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Hot Yoga</p> <p>7:30pm - Pranavam/Restorative</p>	<p>9am - Vinyasa Level 1</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:30pm - Mysore (Ashtanga)</p> <p>5:45pm - Vinyasa Level 2</p>	<p>8am - Hot Yoga</p> <p>8:30am - Vinyasa Level 1</p> <p>9:30am - Vinyasa Level 2/3</p> <p>10am - Hatha/ini</p> <p>11:30am - Hatha Blend (1-2)</p> <p>12pm - Mama &amp; Baby</p> <p>1:30pm - Prenatal Yoga</p>
18	19	20	21	22	23	24
<p>8:30am - Vinyasa Level 1</p> <p>9:00am - Ashtanga Primary</p> <p>3pm - Yoga Foundations</p> <p>3:30pm - Pranavama/Restorative</p> <p>4:45pm - Open Vinyasa (All)</p>	<p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2</p> <p>6pm - Ashtanga101 Workshop</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga For Cancer</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Ashtanga Level 1</p> <p>7:30pm - Restorative</p>	<p>9am - Hatha Flow</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Ashtanga Primary (2)</p> <p>5:45pm - Vinyasa Level 2</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga Foundations</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Yoga-lates</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Hot Yoga</p> <p>7:30pm - Pranavam/Restorative</p>	<p>9am - Vinyasa Level 1</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:30pm - Mysore (Ashtanga)</p> <p>5:45pm - Vinyasa Level 2</p>	<p>8am - Hot Yoga</p> <p>8:30am - Vinyasa Level 1</p> <p>9:30am - Vinyasa Level 2/3</p> <p>10am - Hatha/ini</p> <p>11:30am - Hatha Blend (1-2)</p> <p>12pm - Mama &amp; Baby</p> <p>1:30pm - Prenatal Yoga</p>
25	26	27	28	29	30	31
<p>8:30am - Vinyasa Level 1</p> <p>9:00am - Ashtanga Primary</p> <p>3pm - Yoga Foundations</p> <p>3:30pm - Pranavama/Restorative</p> <p>4:45pm - Open Vinyasa (All)</p>	<p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2</p> <p>6pm - Ashtanga101 Workshop</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga For Cancer</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Ashtanga Level 1</p> <p>7:30pm - Restorative</p>	<p>9am - Hatha Flow</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:45pm - Ashtanga Primary (2)</p> <p>5:45pm - Vinyasa Level 2</p> <p>7:30pm - Vinyasa Level 1</p> <p>7:30pm - Yoga Foundations</p>	<p>9am - Vinyasa Levels 1/2</p> <p>12pm - Yoga-lates</p> <p>5:45pm - Vinyasa Level 2/3</p> <p>6pm - Vinyasa Level 1</p> <p>7:30pm - Hot Yoga</p> <p>7:30pm - Pranavam/Restorative</p>	<p>9am - Vinyasa Level 1</p> <p>9:30am - Ashtanga Primary (2)</p> <p>12pm - Lunch Time Yoga</p> <p>5:30pm - Mysore (Ashtanga)</p> <p>5:45pm - Vinyasa Level 2</p>	<p>8am - Hot Yoga</p> <p>8:30am - Vinyasa Level 1</p> <p>9:30am - Vinyasa Level 2/3</p> <p>10am - Hatha/ini</p> <p>11:30am - Hatha Blend (1-2)</p> <p>12pm - Mama &amp; Baby</p> <p>1:30pm - Prenatal Yoga</p>