

YOGA**PILATES****BALLET****BARRE FITNESS**

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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12:00 pm	Yoga Class (KALA)	Yoga Class (KALA)	Yoga Class (KALA)	Yoga Class (KALA)	Yoga Class (KALA)	Yoga Class (KALA)
						BARRE FITNESS
03:00 pm	Yoga Class (KALA)	Yoga Class (JENI)	Yoga Class (KALA)	Yoga Class (KALA)	Yoga Class (JENI)	Yoga Class (JENI)
04:30 pm	Kids Yoga (JENI)	Prenatal Yoga (JENI)	Yoga Class (JENI)	Prenatal Yoga (JENI)	YOGA FOR BEGINNERS (KALA)	Kids Yoga (JENI)
	Yoga Class (KALA)	Yoga Class (KALA)	BALLET 4-6 YEARS	Yoga Class (KALA)	Yoga Class (JENI)	Yoga Class (KALA)
05:00 pm	Adults BALLET	BARRE FITNESS	BALLET 7-12 YEARS	BARRE FITNESS	BALLET 7-12 YEARS	
06:00 pm	Yoga Class (JENI)	Yoga Class (JENI)	Yoga for Beginners (JENI)	Yoga Class (JENI)	Yoga Class (JENI)	Yoga Class (JENI)
06:30 pm		Pilates Class		Pilates Class		

BALANCE YOGA AND FITNESS STUDIO