

August Yoga Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						9am - Vinyasa Flow
2	3	4	5	6	7	8
	7:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy	8am - Level 1 & 2 12pm - Pilates/Yoga 7:30pm - Power Yoga		9am - Vinyasa Flow
9	10	11	12	13	14	15
	7:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy	8am - Level 1 & 2 12pm - Pilates/Yoga 7:30pm - Power Yoga		9am - Vinyasa Flow
16	17	18	19	20	21	22
	7:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy	8am - Level 1 & 2 12pm - Pilates/Yoga 7:30pm - Power Yoga		9am - Vinyasa Flow
23	24	25	26	27	28	29
	7:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy	8am - Level 1 & 2 12pm - Pilates/Yoga 7:30pm - Power Yoga		9am - Vinyasa Flow
30	31	Instructors:	All Classes are 1 hour			
	7:30pm - Power Yoga	Kathy Radha Mansan Alexis Class Cancelled	www.TheBalanceCenterLA.com 2313 Westwood Blvd 310-463-7386			