

# August Yoga Schedule

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