November Yoga Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy 6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga		9am - Vinyasa Flow
8	9	10	11	12	13	14
	6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy 6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga		9am - Vinyasa Flow
15	16	17	18	19	20	21
	6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy 6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga		9am - Vinyasa Flow
22	23	24	25	26	27	28
	6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy 6:30pm - Power Yoga	 Thanksgiving		9am - Vinyasa Flow
29	30	1-Dec	2	3	4	5
	6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga	10am - Yoga Therapy 6:30pm - Power Yoga	8am - Level 1 & 2 12pm - Pilates/Yoga		9am - Vinyasa Flow

		Instructors:	All Classes are 1 hour			
		Kathy Mansan Laurie Ashley		www.TheBalanceCenterLA.com 2313 Westwood Blvd 310-463-7386		