

Body Balance Yoga & Fitness

Weekly Class Schedule – Winter 2022

Monday

8am Hot Yoga with Emma Sophie
10am Multi-level Flow with Amanda
12pm Gentle Flow Yoga with Paul
5:30pm Pilates Yoga with Caroline
6pm Hot Vinyasa with Heather

Tuesday

7am Sunrise Flow with Jessica
9am Hot Yoga with Jessica
12pm Gentle Restorative Yoga with Paul
6pm Warm Slow Flow with Bunkie

Wednesday

8am Hot Yoga with Amanda
10am Multi-Level Flow with Amanda
12pm Tai Chi/Qigong Gentle Flow with Richard
5:30pm Pilates Barre with Candice
6pm Hot Yoga with Katherine/Lauren*

Thursday

7am Sunrise Flow with Jessica
9am Hot Yoga with Jessica
12pm Gentle Flow Yoga with Caroline
6pm Warm Vinyasa Flow with Amanda

Friday

8am Hot Yoga with Emma Sophie
10am Feel Good Flow with Emma Sophie
12pm Yin Yoga with Donna

Saturday

8am Vinyasa with Jessica
9:30am Hot Yoga with Emma Sophie

Sunday

8am Hot Yoga with Bunkie
10am Soulful Sunday Flow with Jessica
5pm Candlelight Restorative Lauren

*This class will have rotating teachers, check online for weekly teacher

Please note that class times may change so check the website or our app for any changes. We also post information on class schedule changes on Facebook and Instagram.

Visit our website at www.bodybalancewilliamsburg.com or download our “Body Balance Studio” app to register for classes

Please call if you have questions:

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