

BODY BALANCE YOGA & FITNESS

Weekly Class Schedule – September 2022

Monday

7:30am Hot Yoga Flow
10am Vinyasa Multi-Level Flow
12pm Yin Yoga
5:30pm Pilates Yoga
6pm Hot 26 Yoga

Tuesday

6:15am Hot Morning Flow
8am Vinyasa Multi-Level Flow
10am Hot Yoga Flow
12pm Gentle Restorative Yoga
6pm Warm Slow Flow

Wednesday

7:30am Hot 26 Yoga
10am Vinyasa Multi-Level Flow
12pm Tai Chi/Qigong Gentle Flow
5:30pm Pilates Barre
6pm Hot 26 Yoga

Thursday

6:15am Hot Morning Flow
8am Vinyasa Multi-Level Flow
10am Hot 26 Yoga
12pm Gentle Flow Yoga
5:30pm Pilates Barre
6pm Hot Yoga Flow

Friday

7:30am Hot 26 Yoga
10am Slow Flow for Strength
12pm Yin Yoga
5pm Happy Hour Gentle Restorative

Saturday

8am Saturday Soulful Flow
10am Hot 26 Yoga

Sunday

8am Hot 26 Yoga
10am Sunday Morning Flow
5pm Candlelight Gentle Restorative

**Classes are subject to change*

To Register for Classes

Go to our website at
www.bodybalancewilliamsburg.com
OR

Download our “Body Balance Studio”
branded app from the App Store

Please call if you have questions:

Studio: 757-221-0774 or

Suzanne cell: 757-869-3554

