



Balasana Yoga Fitness - 8802 NE 5<sup>th</sup> Ave #105 Vancouver, WA - 360.635.6688 - balasanayoga.com

Studio	Monday	Tuesday	Wednesday	Thursday	\$5 Friday All Classes \$5	Saturday	Sunday
<b>Lotus</b> 6:30-7:30		Yoga Flow  Cathy		Yoga Flow  Cathy			
<b>Lotus</b> 8:30-9:30		Resist Dance Weight training  Tawnya					
<b>Lotus</b> 9:30-10:45	Yoga Flow  Tawnya	Gentle Yoga  Tawnya	Yoga Flow  Tawnya	Mat Pilates  Sarah	Gentle Yoga  Tawnya	Resist Dance Weight training <b>9:30-10:30</b> Tawnya	Gentle Yoga  Merry
<b>Orchid</b> 9:30-10:45		Kid Care Class		Kid Care Class			
<b>Lotus</b> 11:00-11:50	Pilates on the ring  Tawnya	Cardio Ballet  Sarah	Pilates on The ring  Tawnya	Cardio Ballet  Sarah	Reformer bar Pilates Lev.II  Tawnya	Gentle Yoga  <b>10:45-12:00</b>  Tawnya	<b>Close Sunday at 11:00 AM</b>
<b>Lotus</b> 12:15-1:00	<b>Private Training Available</b>	*Creative Art Class  Tawnya	Fit Moms Walking Club (All welcome)  Tawnya	Baby Ballerinas NOW Accepting sign ups  Sarah	<b>Private training Available</b>	Healing Drumming circle <b>12:00-1:00</b>  Tawnya	
<b>Lotus</b> 1:30-2:30pm	<b>Private training Available</b>	<b>Private Training Available</b>	<b>Private Training Available</b>	<b>Private Training Available</b>	<b>Free Open Meditation</b>	<b>Close Saturday at 1:00 PM</b>	
<b>Lotus</b> 2:30-3:20pm	Inner Bliss Relaxation Hour Tawnya	<b>Private training Available</b>	Inner Bliss Relaxation Hour Tawnya	<b>Private Training Available</b>	Sensual Belly Dance Tawnya		
<b>Lotus</b> 3:30-4:20pm		<b>Private Training Available</b>	<b>Private Training Available</b>	<b>Private Training Available</b>	Parent Child Yoga * (3 & up) Amber	Sign up at the front desk for "The Essence of Yoga" Teacher training July 24 <sup>th</sup> & 25 <sup>th</sup>	
<b>Lotus</b> 4:30-5:20pm		Yoga Flow  Laura			Happy Hour Gentle Yoga  Cathy		
<b>Lotus</b> 5:30-6:20pm	Pilates Tone  Sarah	Pre-Natal/Gentle Yoga (All welcome)  Laura	Pilates Tone  Sarah	Pre-Natal/Gentle Yoga (All Welcome)  Merry			
<b>Lotus</b> 6:30-7:20pm	Adult/Teen Hip Hop  Sarah	Sensual Belly Dance/Yoga  Tawnya	Adult/Teen Hip Hop  Sarah	Resist Dance Weight training  Tawnya			
<b>Orchid</b> 6:30-7:20pm		Kid Care Class		Kid Care Class			
<b>Lotus</b> 7:30-8:30pm	<b>Close at 7:30</b>	Candle Lit Yoga Flow  Cathy	<b>Close at 7:30</b>	Candle Lit Gentle Yoga  Merry			

\*These classes have an additional fee.

**Balasana is open at least 30 minutes before and after classes.**

Be Playful

Be Peaceful

Be Present

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