

Bala Yoga

Class schedule

Classes @ 11am

MON	TUES	WED	THU	FRI	SAT
Flow and Restore	Creative flow	Vinyasa flow	Creative flow	Surfers relax	Water Flow
Yali	Vanessa	Sare	Vanessa	Alix	Rebecca

NOTES

All levels welcome
\$20 per class
limited space available