



# Balanced Body Studio

www.balancedbodystudio.ca

8 Matchedash Street Orillia

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 11:00 Hatha Flow	10:00 - 11:00 Ashtanga Yoga				10:00 - 12:00 Kripalu Yoga
12:00 - 1:00 Hatha Flow		12:00 - 1:00 Yoga Sculpt NEW!	10:30 - 12:30 Kripalu Yoga			2:00 - 4:00 Free Spirit Family Dance *all ages First Adult \$15 Additional Family Members \$5 *classes are on the first Sunday of the month
3:45 - 4:45 Pilates	4:00 - 5:15 Ashtanga Yoga			7:00 - 9:00 Free Spirit Dance *15 yrs + \$15 per class *classes are on the first Friday of the month		
5:00 - 6:00 Pilates Beginner NEW!	5:30 - 7:30 Kripalu Yoga	5:15 - 6:15 Pilates	5:00 - 6:00 Pilates Beginner NEW!			
6:15 - 7:30 Classic Hatha		6:30 - 7:30 Ashtanga Yoga	6:15 - 7:15 Pilates			
	7:30 - 8:30 Yoga Sculpt NEW!					
				<b>Studio Prices</b> Drop in \$14 10 Class Pass \$120 *Kripalu Classes are \$20 per class, or 2 classes on a pass* *Exclusively, Kripalu 10 Class Passes are available for \$160* *Free Spirit Dance classes are priced as marked*		
<b>Introductory Offer for New Students 4 Class Pass for \$20</b> <b>Pass holders: Refer a friend get one class free!</b>						



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