

May

2023

www.BalanceAndFlowLLC.com

Balance & Flow® Classes

ZENTONICS® online monthly subscription \$60.00

Rider's V® online monthly subscription \$60.00

ZENTONICS® + Rider's V® online monthly subscription \$100.00

Tai Chi in person with Holly classes Wednesdays \$20.00 per class. Location : Classic Ballroom, 6 Hastings Square Mall, Hackettstown, NJ 07840

Tai Chi in person Saturdays \$10.00 class. Location : Auto Perfect, 400 High St. Hackettstown, NJ 07840 Instructors : Holly Sweeney and Chris Wilson



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	4:30 PM ZENTONICS	5 PM Rider's 5	12-2 Inter/adv. tai chi forms	5 PM Rider's 5	4:30 PM ZENTONICS	NO CLASSES
7	8	9	10	11	12	13
	4:30 PM ZENTONICS	5 PM Rider's 5	12-2 Inter/adv. tai chi forms	5 PM Rider's 5	4:30 PM ZENTONICS	1 PM Beginner 2 PM 103 Form 3 PM PH circles
14	15	16	17	18	19	20
	Pre-recorded ZENTONICS	Pre-recorded Rider's 5	NO CLASSES	5 PM Rider's 5	4:30 PM ZENTONICS	1 PM Beginner 2 PM 103 Form 3 PM PH circles
21	22	23	24	25	26	27
	4:30 PM ZENTONICS	5 PM Rider's 5	12-2 Inter/adv. tai chi forms	5 PM Rider's 5	4:30 PM ZENTONICS	1 PM Beginner 2 PM 103 Form 3 PM PH circles
28	29	30	31			
	Memorial Day NO CLASSES	5 PM Rider's 5	12-2 Inter/adv. tai chi forms			