

May

2024

www.BalanceAndFlowLLC.com

Balance & Flow® Classes

ZENTONICS® online monthly subscription \$60.00

Rider's V® online monthly subscription \$60.00

ZENTONICS® stretch class in person \$30.class at Classic Ballroom

Tai Chi in person with Holly classes Wednesdays \$10.00 per hour. 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 Tai Chi in person 12 PM – 103 form 1 PM sword	2 5 PM online Deep Stretches The Rider's 5®	3 4:30 PM online ZENTONICS®	4 2 PM QiGong 3 PM 103 form
5 1-2:30 PM ZENTONICS® Classic Ballroom	6 No online class	7 5 PM online Supple&Loosen Rider's 5®	8 Tai Chi in person 12 PM – 103 form 1 PM sword	9 5 PM online Deep Stretches The Rider's 5®	10 4:30 PM online ZENTONICS®	11 2 PM QiGong 3 PM 103 form
12	13 4:30 PM online ZENTONICS®	14 5 PM online Supple&Loosen Rider's 5®	15 No tai chi classes	16 5 PM online Deep Stretches The Rider's 5®	17 No online class	18 1 PM beg/inter. 2 PM 103 form 3 PM push hands
19 1-2:30 PM ZENTONICS® Classic Ballroom	20 4:30 PM online ZENTONICS®	21 5 PM online Supple&Loosen Rider's 5®	22 Tai Chi in person 12 PM – 103 form 1 PM sword	23 5 PM online Deep Stretches The Rider's 5®	24 4:30 PM online ZENTONICS®	25 No tai chi classes
26	27 No online class	28 No online classes	29 No tai chi classes	30 5 PM online Deep Stretches The Rider's 5®	31 4:30 PM online ZENTONICS®	