

July

2024

www.BalanceAndFlowLLC.com

Balance & Flow® Classes

ZENTONICS® online monthly subscription \$60.00, combo with Rider's 5 \$100.

Rider's V® online monthly subscription \$60.00, combo with ZENTONICS \$100.

Pre-recorded ZENTONICS® and Rider's 5® classes free with online subscriptions.

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 NO CLASSES	2 5 PM Rider's 5® Supple & Loosen	3 NO CLASSES	4 NO CLASSES	5 4:30 PM ZENTONICS® online	6 1 PM Beg. tai chi 2 PM 103 Form 3 PM push hands
7	8 4:30 PM ZENTONICS® online	9 5 PM Rider's 5® Supple & Loosen	10 NO CLASSES	11 YFTTC seminar Danbury, CT	12 YFTTC seminar Danbury, CT	13 YFTTC seminar Danbury, CT
14 YFTTC seminar Danbury, CT	15 YFTTC seminar Danbury, CT	16 YFTTC seminar Danbury, CT	17 NO CLASSES	18 5 PM Rider's 5® Deep Stretches	19 4:30 PM ZENTONICS® online	20 1 PM Beg. tai chi 2 PM 103 Form 3 PM push hands
21	22 4:30 PM ZENTONICS® online	23 5 PM Rider's 5® Supple & Loosen	24 12 PM 103 form 1 PM sword	25	26 4:30 PM ZENTONICS® online	27 1 PM Beg. tai chi 2 PM 103 Form 3 PM push hands
28	29 4:30 PM ZENTONICS® online	30 5 PM Rider's 5® Supple & Loosen	31			