



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Zazen-Misogi. 07:00 - 07:30	Zazen-Misogi. 07:00 - 07:30	Zazen-Misogi. 07:00 - 07:30	Zazen-Misogi. 07:00 - 07:30	Zazen-Misogi. 07:00 - 07:30	Rest day		
Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00) Marita	Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00) Aris+Sandra	Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00) Aris	Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00) Aris+Marita	Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00) Aris+Sandra			
	Yoga Nidra 10:45 - 11:45 Sandra			Modern Vinyasa 10:45 - 11:45 Sandra			
Zazen-Misogi. 18:15 - 19:15	Vinyasa Krama 18:00 - 19:30 Marita	Ashtanga prep 18:00 - 19:30 Sandra	Vinyasa Krama 18:00 - 19:30 Marita	Yin Yoga 18:00 - 19:30 Marita			Vinyasa Krama 18:00 - 19:30 Marita
Ashtanga Led 19:30 - 21:30 Aris	Ashtanga Mysore 19:30 - 22:00 (Entry 19:30 - 20:00) Marita	Ashtanga Led 19:30 - 21:30 Sandra	Ashtanga Mysore 19:30 - 22:00 (Entry 19:30 - 20:00) Aris				Ashtanga Mysore 19:30 - 21:30 (Entry 19:30) Aris
						Zazen-Misogi. 21:30 - 22:15	