



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	Rest day	
Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00)	Self Practice 07:30 - 10:30 (Entry 07:30 - 09:00)	Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00)	Self Practice 07:30 - 10:30 (Entry 07:30 - 09:00)	Ashtanga Mysore 07:30 - 10:30 (Entry 07:30 - 09:00)		
	Ashtanga Mysore 18:00 - 21:00 (Entry 18:00 - 19:30)	Ashtanga Mysore 18:00 - 21:00 (Entry 18:00 - 19:30)	Ashtanga Mysore 18:00 - 21:00 (Entry 18:00 - 19:30)	Ashtanga Led 18:00 - 19:30		Vinyasa Krama 18:00 - 19:00
Ashtanga Led 19:30 - 21:30						Ashtanga Mysore 19:00 - 21:00 (Entry 19:00 - 19:30)