



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zazen-Misogi-Pranayama 07:00 - 08:00	Ashtanga Mysore 07:00 - 09:00	Zazen-Misogi-Pranayama 07:00 - 08:00	Ashtanga Mysore 07:00 - 09:00	Zazen-Misogi-Pranayama 07:00 - 08:00	Rest day	
Ashtanga Mysore 08:00 - 10:30 (Entry 08:00 - 09:00)		Ashtanga Mysore 08:00 - 10:30 (Entry 08:00 - 09:00)		Ashtanga Mysore 08:00 - 10:30 (Entry 08:00 - 09:00)		
Backbends 18:00 - 19:30	Ashtanga Mysore 18:00 - 21:00	Ashtanga Led 18:00 - 19:30	Ashtanga Mysore 18:00 - 21:00	Ashtanga Led 18:00 - 19:30		Vinyasa Krama 18:00 - 19:00
Ashtanga Led 19:30 - 21:30	(Entry 18:00 - 19:30)	Backbends 20:00 - 21:30	(Entry 18:00 - 19:30)			Ashtanga Mysore 19:00 - 21:00 (Entry 19:00 - 19:30)