

SCHEDULE Summer 2019 (valid from 15/7/2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ashtanga Mysore 07:30 - 10:30	Ashtanga Mysore 07:30 - 10:30	Ashtanga Mysore 07:30 - 10:30	Ashtanga Mysore 07:30 - 10:30	Ashtanga Mysore 07:30 - 10:30	Rest day	
Ashtanga 19:30 - 21:30	Ashtanga 19:30 - 21:30	Ashtanga 19:30 - 21:30	Ashtanga 19:30 - 21:30	Ashtanga 19:30 - 21:30		Ashtanga 19:30 - 21:30