

**SCHEDULE WINTER 2019 -2020** (valid from Monday 16.09.2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Ashtanga Mysore 07:30 - 11:00</b>	<b>Ashtanga Mysore 07:30 - 11:00</b>	<b>Ashtanga Mysore 07:30 - 11:00</b>	<b>Ashtanga Mysore 07:30 - 11:00</b>	<b>Ashtanga Mysore 07:30 - 11:00</b>		
Entrance 07:30 to 09:00					<b>Zazen 08:30 - 09:00</b>	
					<b>Ashtanga Mysore 09:00 - 11:30</b>	
					Entrance 09:00 to 09:30	
(please ring the bell not before 19:30 as zazen will be in progress)						
<b>Zazen 19:00 - 19:30</b>		<b>Zazen 19:00 - 19:30</b>			<b>Zazen 19:00 - 19:30</b>	
Entrance in the evening Mysore Tuesday, Thursday and Sunday 19:30 to 20:00						
<b>Ashtanga 18:00 - 20:00</b>	<b>Ashtanga Mysore 19:30 - 21:30</b>	<b>Ashtanga 18:00 - 20:00</b>	<b>Ashtanga Mysore 19:30 - 21:30</b>	<b>Ashtanga 18:00 - 20:00</b>		<b>Ashtanga 19:30 - 21:30</b>