

On Line Timeband (valid from Wednesday 1-4-2020)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pranayama 07:15 - 07:45	Pranayama 07:15 - 07:45	Pranayama 07:15 - 07:45	Pranayama 07:15 - 07:45	Pranayama 07:15 - 07:45		
Zazen 08:00 - 08:30	Zazen 08:00 - 08:30	Zazen 08:00 - 08:30	Zazen 08:00 - 08:30	Zazen 08:00 - 08:30	Zazen 08:30 - 09:00	
					Ashtanga Workshop 09:15 - 11:00	
						Zazen 18:15 - 18:45
Ashtanga Led 19:00 - 20:45	Ashtanga Led 19:00 - 20:45	Ashtanga Led 19:00 - 20:45	Ashtanga Led 19:00 - 20:45	Ashtanga Led 19:00 - 20:45		Ashtanga Impro 19:00 - 22:45