



SCHEDULE

Weekly Schedule – March to May 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 to 9:45						POWER VINYASA FLOW with Jugjeet	POWER VINYASA FLOW Jugjeet
9:30 to 10:45	POWER VINYASA FLOW with Tami	HATHA with Mariko	HATHA with Mariko	KUNDALINI with Jugjeet	POWER VINYASA FLOW with Dal		
10:00 to 11:15						GENTLE HATHA Tami	HATHA with Jugjeet
11:00 to 12:15	HATHA with Mariko	YANG 2 YIN with Tami	GENTLE HATHA with Kate	YIN with Dal	HATHA with Jugjeet		
12:30 to 1:30			KARMA YOGA - Yoga for the community				
5:45 to 7:00	POWER VINYASA FLOW with Tokiko	HATHA with Jugjeet	POWER VINYASA FLOW with Anne	RESTORATIVE with Jugjeet			
7:15 to 8:30	GENTLE HATHA with Jugjeet	KUNDALINI With Mariko	CANDLE LIGHT YIN Jugjeet	POWER VINYASA FLOW with Jugjeet			