

Zennez Class Schedule - 24 Feb 2025

Time	Monday 24 Feb	Tuesday 25 Feb	Wednesday 26 Feb	Thursday 27 Feb	Friday 28 Feb	Saturday 1 Mar	Sunday 2 Mar
10am-11am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA		
2pm-3pm							BASICS + STRETCH + SOUND BATH ZILING
3.30pm- 4.30pm							SIGNATURE ZEN SOUND BATH ZILING
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH MIAO	BASICS + SOUND BATH ASHLIE	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH ASHLIE	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 3 Mar 2025

Time	Monday 3 Mar	Tuesday 4 Mar	Wednesday 5 Mar	Thursday 6 Mar	Friday 7 Mar	Saturday 8 Mar	Sunday 9 Mar
10am-11am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA					
2pm-3pm							BASICS + STRETCH + SOUND BATH ZILING
3.30pm- 4.30pm							PRIVATE WORKSHOP ZILING
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH SUJIN	BASICS + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH SUJIN	STRETCH + SOUND BATH CHO	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 10 Mar 2025

Time	Monday 10 Mar	Tuesday 11 Mar	Wednesday 12 Mar	Thursday 13 Mar	Friday 14 Mar	Saturday 15 Mar	Sunday 16 Mar
10am-11am						BASICS + SOUND BATH SUJIN	GENTLE FLOW + SOUND BATH KIT
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH SUJIN	STRETCH + SOUND BATH KIT
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA					
2pm-3pm							
3.30pm- 4.30pm							
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH MIAO	BASICS + SOUND BATH KHLOE	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH (7-8pm) SUJIN	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH (8.30-9.30pm) SUJIN	SIGNATURE ZEN SOUND BATH APOORVA		