

Zennez Class Schedule - 30 Sept 2024

Time	Monday 30 Sept	Tuesday 1 Oct	Wednesday 2 Oct	Thursday 3 Oct	Friday 4 Oct	Saturday 5 Oct	Sunday 6 Oct
8-9am							
9.30-10.30am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH JESSICA
11-12pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH JESSICA
12.30-1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			STRETCH + BREATHWORK MEDITATION + SOUND BATH JASMINE	YIN + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH ZILING
2-3pm						STRETCH + SOUND BATH APOORVA	BASICS + STRETCH + SOUND BATH ZILING
3.30-4.30pm						GENTLE FLOW + SOUND BATH APOORVA	SIGNATURE ZEN SOUND BATH ZILING
6.30-7.30pm	GENTLE FLOW + SOUND BATH JASMINE	BASICS + SOUND BATH BULAN	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH MIAO	BASICS + STRETCH + SOUND BATH CHO		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH BULAN	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH MIAO	SIGNATURE ZEN SOUND BATH ZILING		