

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		

Zennez Class Schedule - 7 Oct 2024

Time	Monday 7 Oct	Tuesday 8 Oct	Wednesday 9 Oct	Thursday 10 Oct	Friday 11 Oct	Saturday 12 Oct	Sunday 13 Oct
8-9am	BASICS + STRETCH + SOUND BATH CHO						
9.30-10.30am						BASICS + SOUND BATH ZILING	GENTLE FLOW + SOUND BATH KIT
11-12pm						FLOW + STRETCH + SOUND BATH ZILING	STRETCH + SOUND BATH KIT
12.30-1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			STRETCH + BREATHWORK MEDITATION + SOUND BATH JASMINE	YIN + SOUND BATH ZILING	ALIGN + FLOW + SOUND BATH CHO
2-3pm						STRETCH + SOUND BATH APOORVA	BASICS + STRETCH + SOUND BATH CHO
3.30-4.30pm						GENTLE FLOW + SOUND BATH APOORVA	
6.30-7.30pm	GENTLE FLOW + SOUND BATH JASMINE	BASICS + SOUND BATH BULAN	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH ZILING		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH BULAN	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH ZILING		

Zennez Class Schedule - 14 Oct 2024

Time	Monday 14 Oct	Tuesday 15 Oct	Wednesday 16 Oct	Thursday 17 Oct	Friday 18 Oct	Saturday 19 Oct	Sunday 20 Oct
8-9am	BASICS + STRETCH + SOUND BATH CHO			BASICS + STRETCH + SOUND BATH CHO			
9.30-10.30am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH KIT
11-12pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH KIT
12.30-1.30pm	SIGNATURE ZEN SOUND BATH MILTON	STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA	SIGNATURE ZEN SOUND BATH MILTON		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 SUJIN	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH CHO		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH SUJIN	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH ZILING		

Zennez Class Schedule - 21 Oct 2024

Time	Monday 21 Oct	Tuesday 22 Oct	Wednesday 23 Oct	Thursday 24 Oct	Friday 25 Oct	Saturday 26 Oct	Sunday 27 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	
6.30-7.30pm	GENTLE FLOW + SOUND BATH JASMINE	BASICS + SOUND BATH MIAO	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH CHO		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH MIAO	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH ZILING		

Zennez Class Schedule - 28 Oct 2024

Time	Monday 28 Oct	Tuesday 29 Oct	Wednesday 30 Oct	Thursday 31 Oct (PH)	Friday 1 Nov	Saturday 2 Nov	Sunday 3 Nov
8-9am							
9.30-10.30am				GENTLE FLOW + SOUND BATH KHLOE		BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH KIT
11-12pm				STRETCH + SOUND BATH KHLOE		FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH KIT
12.30-1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA		BASICS + SOUND BATH MIAO	STRETCH + BREATHWORK MEDITATION + SOUND BATH JASMINE	YIN + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH ZILING
2-3pm				FLOW + STRETCH + SOUND BATH MIAO		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 SUJIN	ALIGN + FLOW + SOUND BATH MIAO		BASICS + STRETCH + SOUND BATH CHO		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH SUJIN	YIN + SOUND BATH MIAO		SIGNATURE ZEN SOUND BATH ZILING		