

Zennez Class Schedule - 29 July 2024

Time	Monday 29 July	Tuesday 30 July	Wednesday 31 July	Thursday 1 Aug	Friday 2 Aug	Saturday 3 Aug	Sunday 4 Aug
8-9am							
9.30-10.30am						BASICS + SOUND BATH BULAN	BASICS + SOUND BATH HUI SHAN
11-12pm						FLOW + STRETCH + SOUND BATH BULAN	STRETCH + SOUND BATH HUI SHAN
12.30-1.30pm					STRETCH + BREATHWORK MEDITATION + SOUND BATH JASMINE	YIN + SOUND BATH APOORVA	GENTLE FLOW + SOUND BATH ZILING
2-3pm						STRETCH + SOUND BATH APOORVA	YIN + 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 KHLOE	BASICS + STRETCH + SOUND BATH KHLOE		
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 - 5 Aug 2024

Time	Monday 5 Aug	Tuesday 6 Aug	Wednesday 7 Aug	Thursday 8 Aug	Friday 9 Aug (PH)	Saturday 10 Aug	Sunday 11 Aug
8-9am							
9.30-10.30am					GENTLE FLOW + SOUND BATH JASMINE	BASICS + SOUND BATH BULAN	BASICS + SOUND BATH HUI SHAN
11-12pm					STRETCH + SOUND BATH JASMINE	FLOW + STRETCH + SOUND BATH BULAN	STRETCH + SOUND BATH HUI SHAN
12.30-1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA	SIGNATURE ZEN SOUND BATH MILTON		ALIGN + FLOW + SOUND BATH HUI SHAN	YIN + SOUND BATH APOORVA	GENTLE FLOW + SOUND BATH ZILING
2-3pm					BASICS + STRETCH + SOUND BATH HUI SHAN	STRETCH + SOUND BATH APOORVA	YIN + SOUND BATH ZILING
3.30-4.30pm					SIGNATURE ZEN SOUND BATH MILTON	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 KHLOE			
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH BULAN	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE			