

Zennez Class Schedule - 27 Jan 2025

Time	Monday 27 Jan	Tuesday 28 Jan	Wednesday 29 Jan (PH)	Thursday 30 Jan (PH)	Friday 31 Jan	Saturday 1 Feb	Sunday 2 Feb		
10am-11am		CLOSED (CNY Eve)	CLOSED (CNY Day 1)			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						STRETCH + SOUND BATH APOORVA		BASICS + STRETCH + SOUND BATH ZILING	
3.30pm- 4.30pm						GENTLE FLOW + SOUND BATH APOORVA		SIGNATURE ZEN SOUND BATH ZILING	
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH SUJIN						BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH SUJIN						SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 3 Feb 2025

Time	Monday 3 Feb	Tuesday 4 Feb	Wednesday 5 Feb	Thursday 6 Feb	Friday 7 Feb	Saturday 8 Feb	Sunday 9 Feb
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 JASMINE	BASICS + SOUND BATH ASHLIE	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH ASHLIE	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		