

Zennez Class Schedule - 6 May 2024

Time	Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May	Saturday 11 May	Sunday 12 May
8-9am							
9.30-10.30am						BASICS + SOUND BATH CHO	BASICS + SOUND BATH BULAN
11-12pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH BULAN
12.30-1.30pm	SIGNATURE ZEN SOUND BATH MILTON		SIGNATURE ZEN SOUND BATH MILTON		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA	YIN + SOUND BATH CHO	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 MILTON
6.30-7.30pm	GENTLE FLOW + SOUND BATH APOORVA	ASHTANGA BASICS + SOUND BATH SHI QI	BASICS + SOUND BATH IDA	VINYASA FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH CHO		
8-9pm	YIN + SOUND BATH APOORVA	STRETCH + SOUND BATH SHI QI	FLOW + STRETCH + SOUND BATH BULAN	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH MILTON		

Zennez Class Schedule - 13 May 2024

Time	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May	Saturday 18 May	Sunday 19 May
8-9am	BASICS + STRETCH + SOUND BATH CHO			BASICS + STRETCH + SOUND BATH CHO			
9.30-10.30am						BASICS + SOUND BATH CHO	BASICS + SOUND BATH BULAN
11-12pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH BULAN
12.30-1.30pm	SIGNATURE ZEN SOUND BATH MILTON		SIGNATURE ZEN SOUND BATH MILTON		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA	YIN + SOUND BATH CHO	GENTLE FLOW + SOUND BATH MIAO
2-3pm						STRETCH + SOUND BATH APOORVA	YIN + SOUND BATH MIAO
3.30-4.30pm						GENTLE FLOW + SOUND BATH APOORVA	SIGNATURE ZEN SOUND BATH MILTON
6.30-7.30pm	GENTLE FLOW + SOUND BATH APOORVA	ASHTANGA BASICS + SOUND BATH SHI QI	BASICS + SOUND BATH BULAN	VINYASA FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH CHO		
8-9pm	YIN + SOUND BATH APOORVA	STRETCH + SOUND BATH SHI QI	FLOW + STRETCH + SOUND BATH BULAN	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH MILTON		