

Zennez Class Schedule - 4 Nov 2024

Time	Monday 4 Nov	Tuesday 5 Nov	Wednesday 6 Nov	Thursday 7 Nov	Friday 8 Nov	Saturday 9 Nov	Sunday 10 Nov
8-9am	BASICS + STRETCH + SOUND BATH CHO			BASICS + STRETCH + SOUND BATH CHO			
9.30-10.30am						BASICS + SOUND BATH ASHLIE	GENTLE FLOW + SOUND BATH KIT
11-12pm						FLOW + STRETCH + SOUND BATH ASHLIE	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 KIT	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 ZILING		
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 - 11 Nov 2024

Time	Monday 11 Nov	Tuesday 12 Nov	Wednesday 13 Nov	Thursday 14 Nov	Friday 15 Nov	Saturday 16 Nov	Sunday 17 Nov
8-9am							
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 ASHLIE	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH ZILING		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH ASHLIE	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH ZILING		

Zennez Class Schedule - 18 Nov 2024

Time	Monday 18 Nov	Tuesday 19 Nov	Wednesday 20 Nov	Thursday 21 Nov	Friday 22 Nov	Saturday 23 Nov	Sunday 24 Nov
8-9am							
9.30-10.30am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11-12pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30-1.30pm	SIGNATURE ZEN SOUND BATH MILTON	STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA	SIGNATURE ZEN SOUND BATH MILTON			YIN + SOUND BATH SUJIN	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 ASHLIE	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH ZILING		
8-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH ASHLIE	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH ZILING		

Zennez Class Schedule - 25 Nov 2024

Time	Monday 25 Nov	Tuesday 26 Nov	Wednesday 27 Nov	Thursday 28 Nov	Friday 29 Nov	Saturday 30 Nov	Sunday 1 Dec (Closed)
8-9am							
9.30-10.30am						BASICS + SOUND BATH MIAO	
11-12pm						FLOW + STRETCH + SOUND BATH MIAO	
12.30-1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			STRETCH + BREATHWORK MEDITATION + SOUND BATH JASMINE	PRIVATE CLASS	
2-3pm							
3.30-4.30pm						GENTLE FLOW + SOUND BATH (4pm - 5pm) ZILING	
6.30-7.30pm	GENTLE FLOW + SOUND BATH ZILING	BASICS + SOUND BATH ASHLIE	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH ASHLIE	BASICS + STRETCH + SOUND BATH ZILING		
8-9pm	YIN + SOUND BATH ZILING	STRETCH + SOUND BATH ASHLIE	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH ASHLIE	SIGNATURE ZEN SOUND BATH ZILING		