

Zennez Class Schedule - 31 Mar 2025

Time	Monday 31 Mar (PH)	Tuesday 1 Apr	Wednesday 2 Apr	Thursday 3 Apr	Friday 4 Apr	Saturday 5 Apr	Sunday 6 Apr
10am-11am	BASICS + SOUND BATH KIT					BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm	GENTLE FLOW + SOUND BATH KIT					FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA					
2pm-3pm	STRETCH + SOUND BATH KHLOE						
3.30pm- 4.30pm	ALIGN + FLOW + SOUND BATH KHLOE						
6.30pm- 7.30pm		BASICS + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm		STRETCH + SOUND BATH CHO	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 7 Apr 2025

Time	Monday 7 Apr	Tuesday 8 Apr	Wednesday 9 Apr	Thursday 10 Apr	Friday 11 Apr	Saturday 12 Apr	Sunday 13 Apr
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					
2pm-3pm						HIP OPENING WORKSHOP (2pm - 4pm) APOORVA	BASICS + STRETCH + SOUND BATH MIAO
3.30pm- 4.30pm							SIGNATURE ZEN SOUND BATH MIAO
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH MIAO	BASICS + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH CHO	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 14 Apr 2025

Time	Monday 14 Apr	Tuesday 15 Apr	Wednesday 16 Apr	Thursday 17 Apr	Friday 18 Apr (PH)	Saturday 19 Apr	Sunday 20 Apr
10am-11am					BASICS + SOUND BATH (10.30-11.30am) LUNA	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					BASICS + STRETCH + SOUND BATH APOORVA		
3.30pm- 4.30pm					SIGNATURE ZEN SOUND BATH APOORVA		
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH SUJIN	BASICS + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE			
8pm-9pm	YIN + SOUND BATH SUJIN	STRETCH + SOUND BATH CHO	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH (7.50-8.50pm) KHLOE			