

*class conducted in English



Open Level
Intermediate

MON	TUE	WED	THU	FRI	SAT	SUN
<p>7:00AM – 10:00AM MALA MYSORE Lily* <i>Adjustment from</i> 7:30AM – 9:45AM</p>	<p>7:00AM – 10:00AM MALA MYSORE Lily* <i>Adjustment from</i> 7:30AM – 9:45AM</p>	<p>7:00AM – 10:00AM MALA MYSORE Dorothy <i>Adjustment from</i> 7:30AM – 9:45AM</p>	<p>7:00AM – 10:00AM MALA MYSORE Lily* <i>Adjustment from</i> 7:30AM – 9:45AM</p>	<p>7:30AM – 9:30AM LED PRIMARY Dorothy</p>	<p>8:30AM - 10:00AM MALA MEDITATION YIN YOGA Jolene</p>	
<p>10:30AM – 12:00PM YIN & YANG Lily*</p>		<p>10:30AM – 12:00PM MALA MEDITATION ASHTANGA BASICS Jolene</p>			<p>10:30AM – 12:00PM TAICHI (workshop) Linda <i>Booking required</i></p>	
<p>12:45PM – 1:45PM YIN & YANG Christina *</p>	<p>12:45PM – 1:45PM ASHTANGA BASICS Lily*</p>		<p>12:45PM – 1:45PM YOGA CONDITIONING Christina *</p>		<p>1:30PM – 3PM YIN & YANG Christina *</p>	
	<p>7:00PM – 8:00PM YIN & YANG Lily*</p>					