


# The Groupon Timetable

Studio	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
	Yoga Room	Circle Room	Yoga Room	Circle Room	Yoga Room	Circle Room	Yoga Room	Circle Room	Yoga Room	Circle Room	Yoga Room	Circle Room	Yoga Room	Circle Room
7:00	OPEN DYNAMIC	Open Meditation	OPEN DYNAMIC	Open Meditation	OPEN DYNAMIC	Open Meditation	OPEN DYNAMIC	Open Meditation	OPEN DYNAMIC	Open Meditation				
7:15	07.00-08.00	07:00 - 09:00	07.00-08.00	07:00 - 09:00	07.00-08.00	07:00 - 09:00	07.00-08.00	07:00 - 09:00	07.00-08.00	07:00 - 09:00				
7:30	BRISTOL	Card Holders Only	CATIA	Card Holders Only	OLANA	Card Holders Only	CATIA	Card Holders Only	BRISTOL	Card Holders Only				
7:45														
8:00														
8:15														
8:30	Private Classes		Private Classes		Private Classes		Private Classes		Private Classes					
8:45														
9:00														
9:15														
9:30														
9:45		Kundalini				Kundalini					Dynamic 09.00 - 10.15		Private Classes	
10:00	Jivamukti	09:45-11.15	Dynamic	Circle	Dynamic	09:45-11.15	Kundalini	Circle						
10:15	10:00- 11:30	SIVAROSHAN	10:00- 11:30	10:00 - 11:00	10:00- 11:30	SUKHPAL	10:00- 11:30	10:00 - 11:00						
10:30	EMMA		ELISA	NICOLE	ALESSIA		AMIR	NICOLE						
10:45														
11:00														
11:15														
11:30														
11:45		Private Classes		Private Classes		Private Classes		Metatronic Healing						
12:00								11.30 - 13.00						
12:15								LISA						
12:30	POWER HOUR				POWER HOUR									
12:45	12.30-1.30				12.30-1.30									
13:00	EMMA				LUIZ									
13:15		Flow		Kundalini		Yin								
13:30		13.15-14.15		13.15-14.15		13.15 - 14.15		13.00-14.00						
13:45		ELISA		KWALI		TORI		ALESSIA						
14:00														
14:15														
14:30	Yoga Open		Flow		Yoga Open		Flow		Yoga Open					
14:45	14.30-15.45	Private Classes	14.30 - 15.45	Private Classes	14.30 - 15.45	Exploration of Kundalini	14.30 - 15.45	ELISA	Private Classes	14.30-15.45				
15:00	EUNICE		MOLLIE		ELISA	14.45 - 16.15								
15:15						CAROLYN								
15:30														
15:45														
16:00														
16:15														
16:30	Private Classes	Meditation	Private Classes	Bhagavad Gita		Alchemy Astrology		Private Classes	Gong Meditation	Private Classes	Constellations			
16:45		16.30 - 18.00		16.30-17.45		16.30 - 17.45			16.30 - 17.45		16.30-17.45			
17:00		YOGI		RANCHOR		ZOE			16.30 - 17.45		JAI KARTAR			
17:15														
17:30														
17:45														
18:00			Dharma Mittra											
18:15		Hatha	18:00-19:15	Yoga Basics Course		Kundalini Masterclass								
18:30		18.15 - 19.30	MARK KAN	18.15 - 19.30		18.15 - 19.45								
18:45		YOGI		TORI		CAROLYN								
19:00														
19:15														
19:30														
19:45														
20:00				Yin		The Science of Relaxation								
20:15				19.45 - 21.00		20.00-21.15								
20:30				LUIZ		Gong 20.15-21.15								
20:45						ROMA								
21:00						YOGI								
21:15														
21:30														

## KEY

	OPEN CLASS
	INTERMEDIATE CLASS
	ADVANCED CLASS
	WORKSHOPS
	PRIVATE CLASSES

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