



SCHEDULE

FUNDAMENTALS | ADVANCED | ALL LEVELS
| YOGA | NOGI | KIDS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6AM

ALL LEVELS
06:00 – 06:45

11AM

ALL LEVELS
11:00 – 12:30

FUNDAMENTALS
11:00 – 12:00

12AM

OPEN MAT
12:00 – 14:00

1PM

ALL LEVELS
13:30 – 14:30

4PM

5PM

INTERMEDIATE
17:00 – 18:00

KIDS
17:00 – 17:45

NOGI ADVANCED
17:00 – 18:00

KIDS
17:00 – 17:45

INTERMEDIATE
17:00 – 18:00

6PM

NOGI ADVANCED
18:00 – 19:30

FUNDAMENTALS
18:00 – 19:00

FUNDAMENTALS
18:15 – 19:15

ADVANCED
18:00 – 19:30

NOGI ALL LEVELS
18:15 – 19:30

7PM

FUNDAMENTALS
19:45 – 20:45

INTERMEDIATE
& ADVANCED
19:00 – 20:00

INTERMEDIATE
19:30 – 20:30

FUNDAMENTALS
19:45 – 20:45

8PM

YOGA
20:00 – 21:00