



# Samadi Bali Yoga September

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	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
7:00 - 9:00	<b>MYSORE</b> Andrea ALL LEVELS	<b>MYSORE</b> Andrea ALL LEVELS	<b>MYSORE</b> Andrea ALL LEVELS	<b>MYSORE</b> Andrea ALL LEVELS	<b>MYSORE</b> Andrea ALL LEVELS	7:30-9:00 <b>ASHTANGA LED PRIMARY</b> Melissa Level III	
9:15 - 10:30		<b>ASHTANGA</b> Melissa All Levels		<b>ASHTANGA</b> Melissa All Levels	<b>VINYASA FLOW</b> Charlotte All Levels	9:30-10:45 <b>VINYASA FLOW</b> Charlotte All Levels	9:30-10:45 <b>VINYASA FLOW</b> Lola All Levels
10:45 - 12:00	<b>HATHA YOGA</b> Abdi All Levels	<b>VINYASA FLOW</b> Chris All Levels	<b>HATHA YOGA</b> Abdi All Levels	<b>VINYASA FLOW</b> Charlotte All Levels	<b>HATHA YOGA</b> Abdi All Levels		11:00-12:15 <b>CHAKRRA FLOW</b> Charlotte
12:30 - 13:45							11:00-12:00 <b>ECSTATIC DANCE</b> Deva
14:00 - 15:30		<b>YIN YOGA</b> Lola All levels					
16:00 - 17:15	<b>VINYASA FLOW</b> Chris All Levels	<b>VINYASA FLOW</b> Lola All Levels	<b>VINYASA FLOW</b> Sasya All Levels	<b>VINYASA FLOW</b> Melissa All Levels	<b>VINYASA FLOW</b> Charlotte All Levels	<b>VINYASA FLOW</b> Chris All Levels	<b>VINYASA FLOW</b> Sasya All Levels
17:30 - 19:00	<b>YIN-YANG</b> Chris All Levels		<b>YIN YOGA</b> Sasya All Levels			<b>YIN YOGA</b> Chris All Levels	<b>YIN YOGA</b> Sasya All Levels

Drop-In Single Class	140K	1 week unlimited	1000K
Mysore Drop-In	250k	2 week unlimited	1800K
6 Class Pass	700K	Monthly Unlimited	2400K
12 Class Pass	1300K	Ecstatic Dance	140K/670K

**Suitable for Beginners:** Ashtanga Intro, Hatha Yoga,, Yin Yoga , Yin-Yang  
**Gentle and Stretchy:** Hatha Yoga, Yin Yoga,

**Strong and Sweaty:** Mysore, Ashtanga, Vinyasa Flow,  
**Mixed Style:** Chakra Flow, Yin-Yang.  
**All class pass non-refundable, non-transferable, limited validity.**