



# OCTOBER



SAMADI  
CANGGU

## YOGA CLASSES

## THE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
06:00 - 07:45	Mysore Iyan	Mysore Iyan	Mysore Iyan	Mysore Iyan	Mysore Iyan	Free space for Mysore	Free space for Mysore
08:00 - 09:15	Ashtanga Led Iyan	Gentle Morning Yoga Rommi	Ashtanga Led Iyan	Morning Flow Novita	Ashtanga Led Iyan	Ashtanga Led Iyan	Morning Gentle Yoga Rommi
09:30 - 10:45	Vinyasa Flow Vivienne	Vinyasa Liquid Flow Anika	Vinyasa Flow Rommi	Vinyasa Flow Vivienne	Creative Vinyasa Diaz	Power Vinyasa Zee	Vinyasa Flow Rommi
11:00 - 12:15	Hatha Abdi	Chakra Flow Abdi	Hatha Abdi	Chakra Flow Abdi	Power Yoga Vivienne	Intensive Hatha Yoga Edi	
	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
13:00 - 14:15	Fly High Vivienne	Beginners Yoga Max	Yoga for Surfers Rommi	Delapan Yoga Iyan	Fly High Vivienne	Yin Yang Yoga Edi	
14:30 - 15:45	Yoga for Self Care Anika	Flow by Beat Yoga Rommi	Broga Yoga Bootcamp Max	Gentle Vinyasa Novita	Flow by Beat Yoga Rommi	Delapan Yoga Iyan	Gentle Vinyasa Novita
16:00 - 17:15	Creative Vinyasa Anika	Therapeutic Yin Rommi	Vinyasa Sasya	Creative Vinyasa Diaz	Vinyasa Sasya	Vinyasa Edi	Yin & Restorative Novita
17:30 - 18:45	Restorative Yin Vivienne	Hatha Flow Edi	Yin Myofascial Release Sasya	Yin Yoga Novita	Yin Myofascial Release Sasya	Yin Yoga Vivienne	Yoga Dance Anika
19:15 - 20:30	Budokan Yoga Max Beginners	Mandala Yoga Frankie	Budokan Yoga Max All Levels	Mandala Yoga Frankie			Mandala Yoga Frankie

## WELLNESS

## JOGLO & SAWAH

07:45 - 08:30	Meditation & Pranayama Edi						
08:45 - 10:30	Arm Balance Training Edi	Broga Bootcamp Max	Qi Gong & Meditation Ondra				Qi Gong & Meditation Ondra
10:15 - 11:30	Hand Stand Training Edi	Vinyasa Vivienne Level 2	Inversions Vivienne		Breathwork Carson	Capoeira Marinheiro	
11:45 - 13:00						Ballet Pilates Dania	
	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
14:00 - 15:15						Tai Chi & Qi Gong Ong Wen Ming	
15:30 - 16:45			Energy Cultivation Ondra Art of Qi Gong	HIIT Pilates Fusion Dania	Reiki Energy Movement Frankie	Win Chun Ong Wen Ming	Win Chun Ong Wen Ming
17:00 - 18:15	Breathwork Carson	Gantle Pilates Dania		Breathwork Carson			
18:30 - 20:00	Kirtan & Heart Songs Blue Lotus Tea Ceremony 19:00 - 20:30	Capoeira Marinheiro					

**Following PPKM :** max 50% occupancy. So Please come on time to get your ticket at the counter in our restaurant.

Class Full? Enjoy free coconut from us!

Single Class 140K • 6 Class 700K • 12 Class 1300K

• Monthly 2400K • Indonesian citizens and KITAS get 20% discount