

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00							
7:00-8:00			Power Yoga - Stas	Power Vinyasa Yoga - Henok	Power Yoga - Stas	Power Vinyasa Yoga - Henok	
8:30-9:30				Power Yoga - Soreti		Vinyasa Yoga - Hanny	
10:00-11:00		Hatha Yoga - Henok		Maharwit - High Intensity Cardio		Maharwit - High Intensity Cardio	
11:00-12:00	Mediation and Energy Healing - Abeba						
11:30-12:30							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							Mediation and Energy Healing - Abeba
17:00-18:00					Hatha Yoga - Henok		
18:30-19:30		Power Yoga - Soreti			Vinyasa Yoga - Hanny		
19:00-20:00			Yin Yoga - Stas				
20:00-21:00							