

Zenez Class Schedule - 30 Dec 2024

Time	Monday 30 Dec	Tuesday 31 Dec	Wednesday 1 Jan (PH)	Thursday 2 Jan	Friday 3 Jan	Saturday 4 Jan	Sunday 5 Jan
10am-11am			BASICS + SOUND BATH KIT			BASICS + SOUND BATH JASMINE	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm			FLOW + STRETCH + SOUND BATH KIT			FLOW + STRETCH + SOUND BATH JASMINE	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm	SIGNATURE ZEN SOUND BATH MILTON	STRETCH + SOUND BATH ASHLIE			STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA		
2pm-3pm		BASICS + SOUND BATH ASHLIE					BASICS + STRETCH + SOUND BATH ZILING
3.30pm- 4.30pm							SIGNATURE ZEN SOUND BATH ZILING
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH JASMINE			GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH JASMINE			STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 6 Jan 2025

Time	Monday 6 Jan	Tuesday 7 Jan	Wednesday 8 Jan	Thursday 9 Jan	Friday 10 Jan	Saturday 11 Jan	Sunday 12 Jan
10am-11am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA		
2pm-3pm							BASICS + STRETCH + SOUND BATH ZILING
3.30pm- 4.30pm							PRIVATE WORKSHOP ZILING
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH JASMINE	BASICS + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH MIAO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH CHO	YIN + SOUND BATH MIAO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 13 Jan 2025

Time	Monday 13 Jan	Tuesday 14 Jan	Wednesday 15 Jan	Thursday 16 Jan	Friday 17 Jan	Saturday 18 Jan	Sunday 19 Jan
10am-11am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA		
2pm-3pm							BASICS + STRETCH + SOUND BATH CHO
3.30pm- 4.30pm							ALIGN + FLOW + SOUND BATH CHO
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH JASMINE	BASICS + SOUND BATH KHLOE	ALIGN + FLOW + SOUND BATH ZILING	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH JASMINE	STRETCH + SOUND BATH KHLOE	YIN + SOUND BATH ZILING	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH APOORVA		

Zennez Class Schedule - 20 Jan 2025

Time	Monday 20 Jan	Tuesday 21 Jan	Wednesday 22 Jan	Thursday 23 Jan	Friday 24 Jan	Saturday 25 Jan	Sunday 26 Jan
10am-11am						BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN
12.30pm- 1.30pm		STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA					
2pm-3pm							BASICS + STRETCH + SOUND BATH ZILING
3.30pm- 4.30pm							SIGNATURE ZEN SOUND BATH ZILING
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH SUJIN	BASICS + SOUND BATH ASHLIE	ALIGN + FLOW + SOUND BATH CHO	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH ZILING		
8pm-9pm	YIN + SOUND BATH SUJIN	STRETCH + SOUND BATH ASHLIE	YIN + SOUND BATH CHO	STRETCH + SOUND BATH KHLOE	SIGNATURE ZEN SOUND BATH ZILING		

Zennez Class Schedule - 27 Jan 2025

Time	Monday 27 Jan	Tuesday 28 Jan	Wednesday 29 Jan (PH)	Thursday 30 Jan (PH)	Friday 31 Jan	Saturday 1 Feb	Sunday 2 Feb		
10am-11am		CLOSED (CNY Eve)	CLOSED (CNY Day 1)			BASICS + SOUND BATH CHO	GENTLE FLOW + SOUND BATH SUJIN		
11.30am- 12.30pm						FLOW + STRETCH + SOUND BATH CHO	STRETCH + SOUND BATH SUJIN		
12.30pm- 1.30pm						STRETCH + BREATHWORK MEDITATION + SOUND BATH APOORVA			
2pm-3pm						STRETCH + SOUND BATH APOORVA		BASICS + STRETCH + SOUND BATH ZILING	
3.30pm- 4.30pm						GENTLE FLOW + SOUND BATH APOORVA		SIGNATURE ZEN SOUND BATH ZILING	
6.30pm- 7.30pm	GENTLE FLOW + SOUND BATH JASMINE						BASICS + STRETCH + SOUND BATH APOORVA		
8pm-9pm	YIN + SOUND BATH JASMINE						SIGNATURE ZEN SOUND BATH APOORVA		