

 M	July	2022		"Yesterday I was clever so I wanted to change the world. Today I am wise and working on changing myself" Rumi		
27	28	29	30	1	2	3
8:30am Vinyasa Flow Carlotta. 8:30am Get Lost with Your Shape Special Class - Zee	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 4:00pm Power & Science of Mantra Workshop - Daphna Guruwant 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant. World UFO Day	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE)
4	5	6	7	8	9	10
8:30am Vinyasa Flow Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE) Eid-UI-Adha
11	12	13	14	15	16	17
8:30am Vinyasa Flow Carlotta. 4:00pm Jay Hanuman Masterclass - Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE).
18	19	20	21	22	23	24
8:30am Vinyasa Flow Carlotta Nelson Mandala Day	8:30am Rising Flow (LV2) - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur)	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE)
25	26	27	28	29	30	31
8:30am Vinyasa Flow Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur) 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur) Friendship Day	8:30 Vinyasa Flow - Carlotta. 2:00pm Balinese Dance Class (CE)

Classes open to the public. Classes without a level specified are open level for all. Sun Rise flow class are 1 hour, all others 1.5 hours. (CE) Community Event - Free. All classes Rp.140,000 per class, Kids Rp.60,000 (10 to 17) Rp. 100,000 for Indonesian Citizens 6 Class pass Rp. 480,000 Indonesian Citizens - Rp.1,200,000 for 12 class pass or Rp. 700,000 for 6 class pass. No expiration, Transferable. All yoga props provided.