

	January	2023		FATIH IS TAKING THE FIRST STEP EVEN WHEN YOU DON'T SEE THE WHOLE STAIRCASE" Martin Luther King, Jr.		
M	T	W	T	F	S	S
26	27	28	29	30	31	January 1, 2023
7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow - Carlotta. 10:15 Qi Gong - Lucas	8:30am Creative Flow - Carlotta 10:15am Yoga Flow - Jessica 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta	8:30am Yoga Flow - Carlotta	10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)
2	3	4	5	6	7	8
7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow - Carlotta 10:15 Qi Gong - Lucas	8:30am Creative Flow - Carlotta. 10:15am Yoga Flow - Jess 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta. 8:30am Yoga Flow - Jess 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta	8:30am Yoga Flow- Jess	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)
9	10	11	12	13	14	15
7:15am Sun Rise Yoga -Zee. 8:30am Vinyasa Flow - Carlotta. 10:15 Qi Gong - Lucas	8:30am Creative Flow - Carlotta. 10:15am Yoga Flow - Jess 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta. 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Yoga Flow - Jess 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta	8:30am Yoga Flow - Jess	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE).
16	17	18	19	20	21	22
7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow - Carlotta. 10:15 Qi Gong - Lucas	8:30am Rising Flow (L2) - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Yoga Flow - Jess 6:00pm Yin Yoga - Carlotta Martin Luther King Day	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta. 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 8:30am Yoga Flow - Jess 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Yoga Flow - Jess	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm. Balinese Dance Class (CE)
23	24	25	26	27	28	29
7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow - Carlotta. 10:15am Anusara - Barbra 10:15 Qi Gong - Lucas	8:30am Creative Flow - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant. 10:15am Yoga Flow - Jess 4:00pm Anusara - Barbra 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta 10:15am Anusara - Barbra 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 8:30am Yoga Flow - Jess 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Yoga Flow - Jess	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 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. (AL) All levels of practice (L2) 1.5 years of practice (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.