

	September	2023		" The mediocre teacher tells, the good teacher explains, the great teacher demonstrates, the superior teacher inspires" William Arthur Ward		
M	T	W	T	F	S	S
28	29	30	31	1	2	3
7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (L2) - Wolf 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf	8:30am Creative Flow - Wolf 8:30 Kundalini Yoga - Daphna Guruwant. 10:15 Kung Fu Wu Shu - Lucas. 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Wolf	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Wolf 10:15 Yi Quan - Lucas 10:15 Yin Yoga - Daphna 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta. 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)
4	5	6	7	8	9	10
7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow - Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf	8:30am Creative Flow - Carlotta. 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta.	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta. 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)
11	12	13	14	15	16	17
7:15am Sun Rise Yoga -Zee. 8:30am Vinyasa Flow -Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf SPREAD PEACE	8:30am Creative Flow - Carlotta. 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta.	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Yoga - Wolf 2:00pm Balinese Dance Class (CE).
18	19	20	21	22	23	24
7:15am Sun Rise Yoga - Wolf. 8:30am Vinyasa Flow -Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 4:00 Unlock Your Hips Workshop - Carlotta 6:00Sunset Flow - Wolf	8:30am Rising Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta.	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf Autumn Equinox	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm. Balinese Dance Class (CE)
25	26	27	28	29	30	1-Oct
7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow -Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf	8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta. 10:15 Vinyasa Flow - Wolf 7:00 Howling at the Full Moon - Wolf (CG)	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	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 - Sun Set - Yin & Restorative class are 1 hour, all others 1.5 hours. (AL) All levels of practice (L2) 1.5 years of practice (CG) Community Gathering - 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. Enjoy some lemon grass-ginger tea after class.