


|  | December | 2023 | | "It seems like everything sleeps in the winter, but it is actually a time of renewal and reflection" Elizabeth Camden | | |
|--|--|---|---|---|---|--|
| M | T | W | T | F | S | S |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 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 4:00 Your Spine : Your Yoga Workshop - Carlotta 6:00pm Sunset Flow - Carlotta | 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 6:00pm Sunset Flow - Carlotta | 7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow - Wolf 10:15am Yin Yoga - Carlotta. | 8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf | 8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Wolf 2:00pm Balinese Dance Class (CE) |
| 27 | 28 | 29 | 30 | December 1, 2023 | 2 | 3 |
| 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 World Aids Day | 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 Intelligent Sequencing - Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE) | 8:30am Intelligent Sequencing - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Wolf Hanukkah | 8:30am Intelligent Sequencing Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta 10:15 Vinyasa Flow - Wolf | 8:30 Morning Flow - Wolf 8:30am Intelligent Sequencing Carlotta 10:15 Vinyasa Flow - Wolf | 8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE). Human Rights Day |
| 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 | 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 7:15 Kundalini Yoga Circle for Peace - Full Moon 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) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 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 Winter Solstice | 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) |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 8:30am Vinyasa Flow - Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00 Merrilly Merrilly Merrilly Flow - Wolf Christmas | 8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta Kwanza | 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) |

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.