

Studio Lesson Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
(9:45 Door Open) 10:00 ~ 12:00	Ashtanga	Ashtanga 8:00-9:30 online	Ashtanga		Ashtanga	Ashtanga	
10:00 ~ 12:00		Slow Vinyasa (1.3.5) Hatha Restorative (2.4)					Sunday Yoga
13:00 ~ 16:00						TTC Basic Course	

★Ashtanga Yoga(studio & online)•4th WED & 2nd FRI Led Class★