



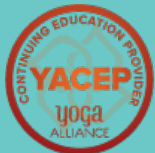
SERENITY YOGA LEMBONGAN

OCTOBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/10	2/10	3/10	4/10	5/10	6/10	7/10
7:20 FREE Pranayama 8:00 Power Yoga (M) 16:00 Sunset Flow (M) 18:00 Yin Yoga (C)	8:00 Vinyasa Flow (M) 18:00 Yin Yoga (C)	8:00 Morning Flow (M) 15:00 WORKSHOP - Yoga Nidra (C) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 16:00 Mandala Flow (M) 18:00 Yin Yoga (C)	8:00 Morning Flow (M) 18:00 Yin Yoga (C)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (M)	8:00 Yin Yoga (M) 16:00 Mandala Flow (M)
8/10	9/10	10/10	11/10	12/10	13/10	14/10
7:20 FREE Pranayama 8:00 Power Yoga (M) 16:00 Sunset Flow (M)	8:00 Vinyasa Flow (M) 16:00 Sunset Flow (M) 18:00 Myo Yin (C)	8:00 Morning Flow (C) 16:00 Aerial Restore (C)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (M) 18:00 Yin Yoga (C)	8:00 Vinyasa Flow (C) 16:00 Yin Yoga (M)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (M) 18:00 Yin Yoga (C)	8:00 Yin Yoga (M) 16:00 Fly High Yoga (C) 18:00 Mandala Flow (M)
15/10	16/10	17/10	18/10	19/10	20/10	21/10
7:20 FREE Pranayama 8:00 Power Yoga (M) 16:00 Sunset Flow (H) 18:00 Yin Yoga (H)	8:00 Vinyasa Flow (H) 16:00 Sunset Flow (M) 18:00 Yin Yoga (H)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (H) 18:00 Yin Yoga (H)	8:00 Vinyasa Flow (M) 16:00 Sunset Flow (H) 18:00 Yin Yoga (H)	8:00 Morning Flow (H) 16:00 Sunset Flow (H)	8:00 Vinyasa Flow (H) 18:00 Yin Yoga (M)	8:00 Yin Yoga (M) 16:00 Sunset Flow (C)
22/10	23/10	24/10	25/10	26/10	27/10	28/10
7:20 FREE Pranayama 8:00 Power Yoga (C) 18:00 Sunset Flow (M)	8:00 Vinyasa Flow (C) 16:00 Sunset Flow (M) 18:00 Yin Yoga (M)	8:00 Morning Flow (C) 15:00 WORKSHOP (C) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 16:00 Sunset Flow (C) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (C) 18:00 Yin Yoga (C)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (M)	8:00 Yin Yoga (M) 16:00 Sunset Flow (C) 18:00 Mandala Flow (M)
29/10	30/10	31/10	1/11	2/11	3/11	4/11
7:20 FREE Pranayama 8:00 Power Yoga (C) 18:00 Sunset Flow (M)	8:00 Vinyasa Flow (C) 16:00 Sunset Flow (M) 18:00 Yin Yoga (M)	8:00 Morning Flow (C) 15:00 WORKSHOP (C) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 16:00 Sunset Flow (C) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (C) 16:00 Aerial Restore (C)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (M)	8:00 Yin Yoga (C) 16:00 Sunset Flow (M) 18:00 Mandala Flow (M)

We open 30 minutes before class starts and have everything you need. Just bring yourself, a towel and good energy :)



New to Yoga? Join us for Morning Flow, Sunset Flow, Fly High Yoga or Yin Yoga!

 @serenityyogalembongan

 www.facebook.com/serenityyoganusalembongan