



# SERENITY YOGA LEMBONGAN

## DECEMBER 2018



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

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, Mandala Flow or Yin Yoga!



 @serenityyogalembongan

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