



SERENITY YOGA LEMBONGAN

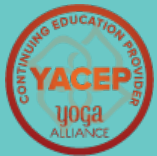
FEBRUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28/1	29/1	30/1	31/1	1/2	2/2	3/2
7:20 FREE Pranayama 8:00 Vinyasa Flow (P) 16:00 Sunset Flow (P)	8:00 Vinyasa Flow (P) 16:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Yin & Yang (P)	8:00 Vinyasa Flow (L) 16:00 Yin Yoga (L)	8:00 Vinyasa Flow (L) 16:00 Sunset Flow (L) 18:00 Restorative (C)	8:00 Morning Flow (P) 16:00 Yin Yoga (P)	8:00 Yin & Yang (P) 16:00 Sunset Flow (L) 18:00 Yin Yoga (L)
4/2	5/2	6/2	7/2	8/2	9/2	10/2
7:20 FREE Pranayama 8:00 Power Yoga (L) 16:00 Sunset Flow (P) 18:00 Yin Yoga (P)	8:00 Vinyasa Flow (L) 16:00 Sunset Flow (P) 18:00 Yin Yoga- New Moon (L)	8:00 Morning Flow (L) 16:00 Yin Yoga (L)	8:00 Vinyasa Flow (L) 18:00 Restorative (L)	8:00 Vinyasa Flow (L) 16:00 Sunset Flow (L) 18:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)
11/2	12/2	13/2	14/2	15/2	16/2	17/2
7:20 FREE Pranayama 8:00 Power Yoga (L) 16:00 Sunset Flow (P) 18:00 Yin Yoga (L)	8:00 Morning Flow (P) 16:00 Sunset Flow (L) 18:00 Yin & Yang (P)	8:00 Vinyasa Flow (L) 16:00 Yin Yoga (L)	8:00 Vinyasa Flow (L) 18:00 Restorative (L)	8:00 Morning Flow (L) 16:00 Sunset Flow (L) 18:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)
18/2	19/2	20/2	21/2	22/2	23/2	24/2
7:20 FREE Pranayama 8:00 Morning Flow (P) 16:00 Yin Yoga (P)	8:00 Morning Flow (P) 18:00 Yin Yoga- Full Moon (P)	8:00 Morning Flow (P) 16:00 Yin & Yang (P)	8:00 Vinyasa Flow (L) 18:00 Restorative (L)	8:00 Vinyasa Flow (L) 16:00 Sunset Flow (L) 18:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)
25/2	26/2	27/2	28/2	1/3	2/3	3/3
7:20 FREE Pranayama 8:00 Power Yoga (L) 16:00 Sunset Flow (P) 18:00 Yin Yoga (L)	8:00 Morning Flow (P) 16:00 Sunset Flow (L) 18:00 Yin & Yang (P)	8:00 Vinyasa Flow (L) 16:00 Yin Yoga (L)	8:00 Morning Flow (L) 18:00 Restorative (L)	8:00 Vinyasa Flow (L) 16:00 Sunset Flow (L) 18:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)

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, Restorative, Yin & Yang or Yin Yoga!



 @serenityyogalembongan

 www.facebook.com/serenityyoganusalembongan