

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:00 <b>PILATES FLOW</b> Lisa Vavra STUDIO	07:30 - 08:30 <b>VINYASA YOGA</b> Šárka Soudková BY THE SEA (DOLPHINARIUM)	09:30 - 10:30 <b>PILATES FLOW</b> Lisa Vavra STUDIO	07:15 - 08:15 <b>HATHA YOGA</b> Emma Grill BY THE SEA (MARINA)	07:15 - 08:15 <b>YOGA FLOW</b> Rachel AB STUDIO	09:00 - 10:00 <b>YOGA FLOW</b> Mica Pomerantz ONLINE	11:00 - 12:30 <b>WORKSHOPS</b> STUDIO
10:00 - 11:00 <b>PILATES</b> Mica Pomerantz ONLINE	09:00 - 10:00 <b>VINYASA YOGA</b> Mica Pomerantz ONLINE	09:30 - 10:30 <b>VINYASA YOGA</b> Mica Pomerantz ONLINE	09:30 - 10:30 <b>VINYASA YOGA</b> Mica Pomerantz ONLINE	08:30 - 09:30 <b>VINYASA YOGA</b> Mica Pomerantz ONLINE	10:00 - 11:00 <b>HATHA YOGA</b> Emma Grill STUDIO	
19:00 - 20:15 <b>HATHA YOGA</b> Niko Pinkhas STUDIO	10:45 - 11:45 <b>BARRE</b> Lisa Vavra STUDIO	10:00 - 11:00 <b>YIN YAN YOGA</b> Šárka Soudková STUDIO	10:00 - 11:00 <b>PILATES</b> Lisa Vavra STUDIO	11:30 - 12:30 <b>PILATES BARRE</b> Lisa Vavra STUDIO		
19:00 - 20:00 <b>VINYASA YOGA</b> Mica Pomerantz ONLINE	18:15 - 19:15 <b>PILATES</b> Dana Kahan BY THE SEA (MARINA)	18:30 - 19:30 <b>SUNSET YOGA</b> Rachel AB BY THE SEA (DOLPHINARIUM)	18:15 - 19:15 <b>PILATES</b> Dana Kahan BY THE SEA (MARINA)			
20:30 - 21:30 <b>WORKSHOPS</b> STUDIO	18:45 - 19:45 <b>HATHA YOGA</b> Rachel AB STUDIO	20:00 - 21:00 <b>PILATES BARRE</b> Lisa Vavra STUDIO	20:00 - 21:00 <b>VINYASA YOGA</b> Bahia Mejliker STUDIO	18:30 - 19:30 <b>PILATES</b> Lisa Vavra BY THE SEA (DOLPHINARIUM)	18:30 - 19:30 <b>HATHA YOGA</b> Rachel AB BY THE SEA (MARINA)	

SESSIONS IN THE STUDIO WILL BE HELD IF THERE IS A MINIMUM OF 2 STUDENTS\*