



SCHEDULE - APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:00 PILATES ONLINE MICA POMERANTZ ZOOM	7:30 - 8:30 YIN YANG YOGA ŠÁRKA SOUDKOVÁ STUDIO	9:30 - 10:30 PILATES CLASSIC LISA VAVRA STUDIO	9:30 - 10:30 YOGA ONLINE MICA POMERANTZ ZOOM	7:30 - 8:30 YOGA FLOW RACHEL AB STUDIO	10:00 - 11:00 YOGA ONLINE MICA POMERANTZ ZOOM	
10:00 - 11:00 PILATES CLASSIC LISA VAVRA STUDIO	7:30 - 8:45 YOGA VINYASA MICA POMERANTZ BY THE SEA		10:00 - 11:00 YIN YANG YOGA ŠÁRKA SOUDKOVÁ STUDIO	10:00 - 11:00 POWER PILATES LISA VAVRA STUDIO	10:00 - 11:00 HATHA YOGA EMMA GRILL STUDIO	11:00 - 12:30 WORKSHOPS TWICE A MONTH STUDIO
19:00 - 20:00 VINYASA YOGA NIKO PINKHAS STUDIO	9:00 - 10:00 YOGA ONLINE MICA POMERANTZ ZOOM				11:15 - 12:15 BARRE LISA VAVRA STUDIO	
19:00 - 20:00 YOGA ONLINE MICA POMERANTZ ZOOM	10:45 - 11:45 BARRE LISA VAVRA STUDIO	18:15 - 19:15 PILATES BARRE LISA VAVRA STUDIO	19:00 - 20:15 YOGA VINYASA MICA POMERANTZ BY THE SEA // STUDIO	18:30 - 19:45 YOGA VINYASA MICA POMERANTZ BY THE SEA		18:30 - 19:30 VINYASA YOGA RACHEL AB STUDIO
20:30-21:30 MEDITATION WORKSHOPS STUDIO	18:45 - 19:45 HATHA YOGA RACHEL AB STUDIO	19:30 - 20:45 VINYASA YOGA LEAH BRASSWELL STUDIO	20:30 - 21:30 SOUND HEALING JULIA LEVY STUDIO	19:00 - 20:00 MEDITATION WORKSHOPS STUDIO		

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