

# MOVEŌ CLASSES



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|---|---|--|---|
| 1  | 2   | 3  | 4   | 5   | 6  | 7   |
| <p>08:00 AM</p> <p>AQUA FITMATT</p> <p>Dr Sudhin</p> <p>-</p>        | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr Sudhin</p> <p>-</p>       | <p>08:00 AM</p> <p>HATTA YOGA</p> <p>Dr. Sudhin</p> <p>-</p>         | <p>08:00 AM</p> <p>MODIFIED ASTHANGA</p> <p>Aya Tlmea Miklos</p> <p>-</p> | <p>08:00 AM</p> <p>HATTA YOGA</p> <p>Aya Timea Miklos</p> <p>-</p>  | <p>08:00 AM</p> <p>ASTHANGA DEMO YOGA</p> <p>Aya Tlmea Miklos</p> <p>-</p> | <p>08:00 AM</p> <p>MODIFIED ASTHANGA</p> <p>Aya Tlmea Miklos</p> <p>-</p> |
| <p>11:00 AM</p> <p>MAT PILATES</p> <p>Aya Timea Miklos</p> <p>-</p>  | <p>11:00 AM</p> <p>AERIAL FLOW YOGA</p> <p>Dr Sudhin</p> <p>-</p> | <p>11:00 AM</p> <p>HIT</p> <p>Aya Timea Miklos</p> <p>-</p>          | <p>11:00 AM</p> <p>HYBRID METHOD</p> <p>Aya Tlmea Miklos</p> <p>-</p>     | <p>11:00 AM</p> <p>MAT PILATES</p> <p>Aya Timea Miklos</p> <p>-</p> | <p>11:00 AM</p> <p>AERIAL FLOW YOGA</p> <p>Dr. Sudhin</p> <p>-</p>         | <p>11:00 AM</p> <p>HYBRID METHOD</p> <p>Aya Tlmea Miklos</p> <p>-</p>     |
| <p>03:00 PM</p> <p>HEALING YOGA</p> <p>Aya Timea Miklos</p> <p>-</p> | <p>03:00 PM</p> <p>PRANAYAMA</p> <p>Dr Sudhin</p> <p>-</p>        | <p>03:00 PM</p> <p>TIBETAN MEDITATION</p> <p>Dr. Sudhin</p> <p>-</p> | <p>03:00 PM</p> <p>CYCLIC MEDITATION</p> <p>Dr. Sudhin</p> <p>-</p>       | <p>03:00 PM</p> <p>RESTORATIVE</p> <p>Aya Timea Miklos</p> <p>-</p> | <p>03:00 PM</p> <p>HEALING YOGA</p> <p>Aya Tlmea Miklos</p> <p>-</p>       | <p>03:00 PM</p> <p>TIBETAN MEDITATION</p> <p>Dr. Sudhin</p> <p>-</p>      |

# MOVEŌ CLASSES

MARCH 2020



| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|---|---|--|---|--|
| 8   | 9  | 10  | 11  | 12   | 13  | 14   |
| <p>08:00 AM</p> <p>AQUA FITMATT</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>TRX</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>RESTORATIVE YOGA</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>MODIFIED ASTHANGA</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>KICK BOXING</p> <p>Jaka Supriyadinata</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>PRANAYAMA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>VINYASA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>TRX</p> <p>Jaka Supriyadinata</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>AREAL FLOW YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>YIN YOGA</p> <p>Aya Timea Miklos</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>HIT</p> <p>Jaka Supriyadinata</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>RESTORATIVE</p> <p>Aya Timea Miklos</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>PILATES</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>TIBETAN MEDITATION</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>AEROBIC ENERGY SYSTEM DEVELOPMENT</p> <p>Jaka Supriyadinata</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>CYCLIC MEDITATION</p> <p>Dr. Sudhin</p> <p>-</p> |

# MOVEŌ CLASSES

MARCH 2020



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY                                     | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|--|---|---|---|--|
| 15  | 16  | 17   | 18  | 19  | 20  | 21   |
| 08:00 AM<br>AQUA FITMATT<br>Jaka Supriyadinata<br>- | 08:00 AM<br>HATHA YOGA<br>Jaka Supriyadinata<br>-       | 08:00 AM<br>CYCLIC MEDITATION<br>Dr. Sudhin<br>-                         | 08:00 AM<br>HATHA YOGA<br>Dr. Sudhin<br>-     | 08:00 AM<br>HATHA YOGA<br>Aya Timea Miklos<br>-       | 08:00 AM<br>HATHA YOGA<br>Dr. Sudhin<br>-         | 08:00 AM<br>MODIFIED ASTHANGA<br>Aya Timea Miklos<br>- |
| -----   | -----   | -----  | -----   | -----   | -----   | -----  |
| 11:00 AM<br>HIT<br>Jaka Supriyadinata<br>-          | 11:00 AM<br>KICK BOXING<br>Jaka Supriyadinata<br>-      | 11:00 AM<br>AEROBIC ENERGY SYSTEM DEVELOPMENT<br>Jaka Supriyadinata<br>- | 11:00 AM<br>HYBRID<br>Aya Timea Miklos<br>-   | 11:00 AM<br>HIT<br>Jaka Supriyadinata<br>-            | 11:00 AM<br>PILATES<br>Aya Timea Miklos<br>-      | 11:00 AM<br>AREAL FLOW YOGA<br>Dr. Sudhin<br>-         |
| -----   | -----   | -----  | -----   | -----   | -----   | -----  |
| 03:00 PM<br>HATHA YOGA<br>Dr. Sudhin<br>-           | 03:00 PM<br>RESTORATIVE YOGA<br>Jaka Supriyadinata<br>- | 03:00 PM<br>HEALLING YOGA<br>Aya Timea Miklos<br>-                       | 03:00 PM<br>YIN YOGA<br>Aya Timea Miklos<br>- | 03:00 PM<br>RESTORATIVE YOGA<br>Aya Timea Miklos<br>- | 03:00 PM<br>TIBETAN MEDITATION<br>Dr. sudhin<br>- | 03:00 PM<br>MEDITATION<br>Dr. Sudhin<br>-              |

# MOVEŌ CLASSES

MARCH 2020



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|--|---|--|---|--|
| 22   | 23  | 24   | 25  | 26   | 27  | 28   |
| <p>08:00 AM</p> <p>AQUA FITMATT</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>TRX</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>HEALLING YOGA</p> <p>Aya Timea Miklos</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>AERIAL FLOW YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>PRANAYAMA</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>MODIFIED ASTHANGA</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>HIT</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>HATHA YOGA</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>SUN SALUTATION</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>AERIAL FLOW YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>CYCLIC MEDITATION</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>MATT PILATES</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>RESTORATIVE YOGA</p> <p>Jaka Supriyadinata</p> <p>-</p> | <p>08:00 AM</p> <p>ASTHANGA DEMO YOGA</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>AERIAL FLOW YOGA</p> <p>Dr. Sudhin</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>TIBETAN MEDIATATION</p> <p>Dr. Sudhin</p> <p>-</p> | <p>08:00 AM</p> <p>AEROBIC BASE</p> <p>Jaka Supriyadinata</p> <p>-</p> <hr/> <p>11:00 AM</p> <p>HYBRID METHOD</p> <p>Aya Timea Miklos</p> <p>-</p> <hr/> <p>03:00 PM</p> <p>PRANAYAMA</p> <p>Dr. Sudhin</p> <p>-</p> |

# MOVEŌ CLASSES

MARCH 2020



| SUNDAY  | MONDAY   | TUESDAY  |  |  |  |  |
|---|--|--|--|--|--|--|
| 29  | 30   | 31   |  |  |  |  |
| <p>08:00 AM</p> <p>AQUA FITMATT</p> <p>Jaka Supriyadinata</p> <p>-</p> <p>-----</p> <p>11:00 AM</p> <p>TRX</p> <p>Aya Timea Miklos</p> <p>-</p> <p>-----</p> <p>03:00 PM</p> <p>HEALING YOGA</p> <p>Jaka Supriyadinata</p> <p>-</p> | <p>08:00 AM</p> <p>HATHA YOGA</p> <p>Dr Sudhin</p> <p>-</p> <p>-----</p> <p>11:00 AM</p> <p>KICK BOXING</p> <p>Jaka Supriyadinata</p> <p>-</p> <p>-----</p> <p>03:00 PM</p> <p>RESTORATIVE YOGA</p> <p>Jaka Supriyadinata</p> <p>-</p> | <p>08:00 AM</p> <p>MODIFIED ASTHANGA</p> <p>Aya Timea Miklos</p> <p>-</p> <p>-----</p> <p>11:00 AM</p> <p>AREAL FLOW YOGA</p> <p>Dr Sudhin</p> <p>-</p> <p>-----</p> <p>03:00 PM</p> <p>TIBETAN MEDITATION</p> <p>Dr Sudhin</p> <p>-</p> |  |  |  |  |