

YODA WEEKLY SCHEDULE

All our classes at a glance. Easily explore our weekly schedule of yoga, dance, healthy body and kids classes.

Find the perfect time and activity that fits your interests and intensity level!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 am							
8 am							
9 am	Studio Rental	Studio Rental	9:00-13:30 Studio Rental	9:00-16:30 Studio Rental	9:00-10:15 Women's Yoga Zhenya Golovanova *	9:00-10:30 Power Hatha Zhenya Golovanova ***	8:30-9:30 Morning Yoga Zhenya Golovanova **
10 am					10:30-11:45 Basic Yoga Zhenya Golovanova **	10:45-12:00 Relax Yoga Zhenya Golovanova *	10:00-11:15 Basic Yoga Zhenya Golovanova **
11 am							
12 pm							12:00-13:30 Studio Rental
1 pm					13:00-18:30 Studio Rental	12:30-15:30 Studio Rental	
2 pm			14:00-15:15 Body Ballet Zhenya Mikhailitsyna **				14:00-14:45 Kids Hip-Hop Takagi Koharu **
3 pm			15:30-16:45 Contemporary Zhenya Mikhailitsyna ***				15:00-16:15 Hip-Hop Takagi Koharu ***
4 pm			17:00-18:30 Studio Rental	17:00-17:45 Kids Contemporary Zhenya Mikhailitsyna **		16:00-16:45 Kids Yoga Zhenya Golovanova **	
5 pm				18:30-19:45 Contemporary Zhenya Mikhailitsyna ***			
6 pm				20:00-21:15 High Heels Zhenya Mikhailitsyna **			
7 pm		19:30-21:00 After Work Yoga Zhenya Golovanova *	19:00-20:30 Vinyasa Yoga Marko Đurić ***		19:30-21:00 Hatha Flow Zhenya Golovanova ***	18:30-19:45 Interval Training Zhenya Mikhailitsyna ***	17:00-22:00 Studio Rental
8 pm						20:00-21:15 Contemporary Zhenya Mikhailitsyna ***	
9 pm							
10 pm							
11 pm							