

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	8:00-9:30 Studio Rental	8:00-19:00 Studio Rental	8:00-13:30 Studio Rental	8:00-16:30 Studio Rental			8:30-9:30 ★★ Morning Yoga Zhenya Golovanova
9 am					9:00-10:15 ★ Women’s Yoga Zhenya Golovanova	9:00-10:30 ★★★ Power Hatha Zhenya Golovanova	
10 am	10:00-11:15 Salsa (NEW!) Victor Hernandez						10:00-11:15 ★★ Basic Yoga Zhenya Golovanova
11 am					10:30-11:45 ★★ Basic Yoga Zhenya Golovanova	10:45-12:00 ★ Relax Yoga Zhenya Golovanova	
12 pm	12:00-22:00 Studio Rental						12:00-13:30 Studio Rental
1 pm					12:30-18:30 Studio Rental	12:30-15:30 Studio Rental	
2 pm			14:00-15:15 ★★ Body Ballet Zhenya Mikhailsyna				14:00-14:45 ★★ Kids Hip-Hop Takagi Koharu
3 pm							15:00-16:15 ★★★ Hip-Hop Takagi Koharu
4 pm			15:30-16:45 ★★★ Contemporary Zhenya Mikhailsyna			16:00-16:45 ★★ Kids Yoga Zhenya Golovanova	
5 pm			17:00-18:30 Studio Rental	17:00-17:45 ★★ Kids Contemporary Zhenya Mikhailsyna			17:00-22:00 Studio Rental
6 pm							
7 pm			19:00-20:30 ★★★ Vinyasa Yoga Marko Đurić	18:30-19:45 ★★★ Contemporary Zhenya Mikhailsyna	19:30-21:00 ★★★ Hatha Flow Zhenya Golovanova	18:30-19:45 ★★★ Interval Training Zhenya Mikhailsyna	
8 pm		19:30-21:00 ★ After Work Yoga Zhenya Golovanova		20:00-21:15 ★★ High Heels Zhenya Mikhailsyna		20:00-21:15 ★★★ Contemporary Zhenya Mikhailsyna	
9 pm							
10 pm							
11 pm							