

MOVEŌ CLASSES

MARCH 2020



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 AQUA FITMATT Jaka Supriyadinata -	08:00 AM HATHA YOGA Jaka Supriyadinata -	08:00 AM CYCLIC MEDITATION Dr. Sudhin -	08:00 AM HATHA YOGA Dr. Sudhin -	08:00 AM HATHA YOGA Aya Timea Miklos -	08:00 AM HATHA YOGA Dr. Sudhin -	08:00 AM MODIFIED ASTHANGA Aya Timea Miklos -
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11:00 AM HIT Jaka Supriyadinata -	11:00 AM KICK BOXING Jaka Supriyadinata -	11:00 AM AEROBIC ENERGY SYSTEM DEVELOPMENT Jaka Supriyadinata -	11:00 AM HYBRID Aya Timea Miklos -	11:00 AM HIT Jaka Supriyadinata -	11:00 AM PILATES Aya Timea Miklos -	11:00 AM AREAL FLOW YOGA Dr. Sudhin -
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03:00 PM HATHA YOGA Dr. Sudhin -	03:00 PM RESTORATIVE YOGA Jaka Supriyadinata -	03:00 PM HEALLING YOGA Aya Timea Miklos -	03:00 PM YIN YOGA Aya Timea Miklos -	03:00 PM RESTORATIVE YOGA Aya Timea Miklos -	03:00 PM TIBETAN MEDITATION Dr. sudhin -	03:00 PM MEDITATION Dr. Sudhin -

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>				