

# The Yoga Lodge Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7am	7am Sunrise Yoga  Life Balance Cherngtalay			7am Sunrise Yoga  Life Balance Cherngtalay	
8am			8am Wakeup & Stretch  Life Balance Cherngtalay		
10am			10am Vinyasa Flow  Life Balance Cherngtalay		
2pm	2pm Yin & Yang  Life Balance Cherngtalay	2pm Yoga & Cake  Eatwise Cafe Cherngtalay Starting 12th Mar	2pm Yin & Yang  Life Balance Cherngtalay	2pm Yoga & Cake  Eat Wise Cafe Cherngtalay Starting 12th Mar	