



Kiryoku Training Center
 1989 Englishtown Road
 Old Bridge, NJ 08831

www.kiryokutraining.com
 sandy@kiryokutraining.com

Weekly Schedule

Check Our Website for Announcements

Please note that the studio is currently closed due to the COVID-19 executive order.

We will re-open as soon as we are able to do so. Please check our website for updates.

Time	Sun	Mon	Tue	Wed	Thur	Fri	Sat
8:00 AM		Private Class 8:00 – 8:45					
8:30 AM	Multi-Level Yoga 8:30 – 9:30		Private Small Group 8:30 – 9:15				
9:00 AM							Barre 9:00-9:45
9:30 AM	Kickboxing PLUS 9:30 – 10:15	Yoga Basics 9:30 – 10:30		Multi-Level Yoga 9:30 – 10:30	Strength and Tone Fitness 9:30 – 10:15	Yoga Basics 9:30 – 10:30	
10:00 AM				Mar 11, TBD Beginner Meditation* 10:00 – 11:00			Yoga Basics 10:00 – 11:00
11:30 AM	Private Class 11:30 – 1:00						Private Class 11:30 – 1:00
1:00 PM							
2:00 PM	TBD Essential Oils* 2:00						
6:00 PM			Yoga Basics 6:00 – 7:00	Private Class 6:00 – 7:00	Strength & Tone 6:00 – 6:45		
6:30 PM		Tai Chi 6:30-7:30					
7:00 PM			Strength and Tone Fitness 7:00 – 7:45	Yoga Basics 7:00 – 8:00	Working Your Asana 7:00 – 8:00	TBD Restorative Yoga* 7:00-9:00 TBD Sound Healing &Meditation* 7:00-9:00	TBD Group Drumming* 7:00-8:30
7:30 PM		Mar 9, TBD Beginner Meditation*					TBD Mala & Meditation* 7:30 to 9:30
8:00 PM			Multi-Level Yoga 8:00 – 9:00	Kickboxing PLUS 8:00 – 8:45	TBD Beginner Meditation* 8:00 – 9:00		
9:00 PM							

*** Pre-Registration Required for Special Events & Intro/Beginner Classes ***

*** Please contact sandy@kiryokutraining.com ***