



Siam Paragon Club

For Class Booking (Members Only) : 02 627 5955

Note : A = Advanced, I = Intermediate, B = Beginner, M = Multilevel Website : <http://www.californiawowx.com/classschedule/schedule.php>facebook/twitter/youtube

Time/Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekend	SATURDAY	SUNDAY
	6-n.w.-12	7-n.w.-12	8-n.w.-12	9-n.w.-12	10-n.w.-12	Time	11-n.w.-12	12-n.w.-12
7:15-8:15	Tole Yoga(B) Ritah	Astanga Yoga(B) Noom	Yoga Chikitsa Dr. Anand	Power Yoga (B) Noom	Satyananda (B) Vicky			
08:30-09:30	Satyananda Yoga (B) Ritah	Power Yoga (B) Noom	Astanga Yoga (M) Dr. Anand	Astanga Yoga(B) Noom	Asana Pranayama Vicky	09:15-10:15	Static K-27 Sagar	Basic Block (New Class) Sagar
10:00-11:00						10:30-11:30	Power Yoga L - 1 Sagar	Sivananda Yoga (I) Sagar
11:30-12:30				PIYO (M) 11:00-12:00 Satit		11.45-12.45		
12:30-13:30	Astanga (B) (12:45-13:45) Noom	Asana Pranayama Jai			Astanga Yoga (B) Noom	13:00-14:00		
14:30-15:30	Power Yoga(B) Noom	Gentle Yoga(B) Jai	Yoga(M) Nui	Yoga(B) Nui	Power Yoga(B) Noom	15.45-16:45	Power Yoga(B) Noom	
15:45-16:45						17:15-18:15	Astanga Yoga (B) Noom	Power Yoga(B) Sagar
17:45-19:00	Static K-27 Ritah	Hot Flow 1 Ramesh	Static K-27 Ritah	Hot Flow 1 AeN	Hot Flow 1 Vicky	18:30-19:30		Astanga Yoga (B) Sagar
19:15-20:15	Sivananda Yoga(M) Ritah	patanjali Yoga(B) Ramesh	Power Yoga L - 1 Ritah	Power Vinnyasa(B) Aen	Astanga Yoga(B) Vicky	20:00-21:00	LES MILLS BODYBALANCE Noom	
20:30-21:30				Stretching Nui				

Yogā Block Intro

Learn the new technique of Yoga practice with the help of Yoga Blocks
เรียนรู้เทคนิคใหม่ในการฝึกโยคะด้วยอุปกรณ์โยคะบล็อก

1,999bhat (include VAT)
20 Members only

Saturday, 11th February 2012
15:00-19:00hrs. at Pinklao club
by Master Sudip

