

# PRICES

one class: 120,000 Rp

3 class card: 300,000 Rp  
save 60,000 Rp

5 class card: 450,000 Rp  
save 150,000 Rp

10 class card: 750,000 Rp  
save 450,000 Rp

week card: 800,000 Rp

month card: 1,800,000 Rp



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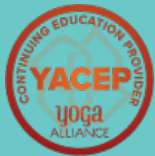
# SERENITY YOGA LEMBONGAN

## SEPTEMBER 2019



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Sunday   |
|---|--|---|---|---|--|--|
| 2/9   | 3/9  | 4/9   | 5/9   | 6/9   | 7/9  | 8/9  |
| 8:00 Power Yoga (B)<br>16:00 Yin Yoga (C)<br>18:00 Sunset Flow (B)                            | 8:00 Morning Flow (B)<br>16:00 Vinyasa Flow (M)<br>18:00 Zumba (H)                           | 10:00 Vinyasa Flow (M)<br>18:00 Sunset Flow (M)   | 8:00 Vinyasa Flow (M)<br>16:00 Sunset Flow (M)<br>18:00 Myo Yin Yoga (C)                      | 8:00 Morning Flow (M)<br>16:00 Slow Flow (M)<br>18:00 Vinyasa Flow (M)                        | 8:00 Vinyasa Flow (M)<br>16:00 Sunset Flow (M)<br>18:00 Slow Flow (M)                                | 9:30 Vinyasa Flow (M)<br>18:00 Sunset Flow (M)                             |
| 9/9   | 10/9   | 11/9  | 12/9  | 13/9  | 14/9   | 15/9   |
| 8:00 Power Yoga (M)<br>10:00 Gentle Flow (M)<br>16:00 Sunset Flow (Ha)<br>18:00 Yin Yoga (Ha) | 8:00 Morning Flow (M)<br>10:00 Vinyasa Flow (Ha)<br>16:00 Yin & Yang (Ha)<br>18:00 Zumba (H) | 8:00 Vinyasa Flow (C)<br>16:00 Yin Yoga (Ha)<br>18:00 Sunset Flow (Ha)                            | 8:00 Vinyasa Flow (M)<br>10:00 Gentle Flow (Ha)<br>16:00 Slow Flow (M)<br>18:00 Yin Yoga (Ha) | 8:00 Fitness (C)<br>9:30 Morning Flow (M)<br>16:00 Yin Yoga (C)<br>18:00 Vinyasa Flow (M)     | 8:00 Vinyasa Flow (M)<br>10:00 Gentle Flow (M)<br>16:00 Full Moon Yin (Y)<br>18:00 Restorative (C)   | 8:00 Vinyasa Flow (M)<br>16:00 Sunset Flow (M)<br>18:00 Yin Yoga (Y)       |
| 16/9  | 17/9   | 18/9  | 19/9  | 20/9  | 21/9   | 22/9   |
| 8:00 Power Yoga (M)<br>16:00 Myo Yin Yoga (C)<br>18:00 Sunset Flow (M)                        | 8:00 Morning Flow (C)<br>10:00 Vinyasa Flow (Y)<br>16:00 Yin & Yang (Y)<br>18:00 Zumba (H)   | 8:00 Vinyasa Flow (M)<br>10:00 Gentle Flow (M)<br>16:00 Yin Yoga (Y)<br>18:00 Sunset Flow (Y)     | 8:00 Vinyasa Flow (M)<br>10:00 Gentle Flow (Y)<br>16:00 Slow Flow (M)<br>18:00 Yin Yoga (Y)   | 8:00 Morning Flow (Y)<br>10:00 Yin & Yang (Y)<br>16:00 Vinyasa Flow (M)<br>18:00 Yin Yoga (M) | 8:00 Vinyasa Flow (M)<br>10:00 Gentle Flow (Y)<br>16:00 Sunset Flow (Y)<br>18:00 Yin Yoga (Y)        | 8:00 Vinyasa Flow (C)<br>16:00 Sunset Flow (M)<br>18:00 Yin Yoga (M)       |
| 23/9  | 24/9   | 25/9  | 26/9  | 27/9  | 28/9   | 29/9   |
| 8:00 Power Yoga (C)<br>16:00 Sunset Flow (M)<br>18:00 Yin Yoga (Y)                            | 8:00 Morning Flow (Y)<br>10:00 Vinyasa Flow (C)<br>16:30 Yin & Yang (Y)<br>18:30 Zumba (H)   | 8:30 Vinyasa Flow (Y)<br>10:30 Gentle Flow (M)<br>16:00 Myo Yin Yoga (C)<br>18:00 Sunset Flow (Y) | 8:30 Vinyasa Flow (M)<br>10:30 Gentle Flow (Y)<br>16:00 Slow Flow (M)<br>18:00 Yin Yoga (Y)   | 8:00 Fitness (C)<br>9:30 Morning Flow (Y)<br>16:00 Vinyasa Flow (M)<br>18:00 Yin Yoga (M)     | 8:00 Ashtanga Vinyasa (P)<br>10:00 Gentle Flow (M)<br>16:00 Sunset Flow (M)<br>18:00 Restorative (C) | 8:00 Vinyasa Flow (M)<br>16:00 Fly High Yoga (P)<br>18:00 New Moon Yin (Y) |
| 30/9  | 1/10   | 2/10  | 3/10  | 4/10  | 5/10   |  |
| 8:00 Power Yoga (C)<br>16:00 Sunset Flow (Y)<br>18:00 Yin Yoga (P)                            | 8:00 Morning Flow (Y)<br>10:00 Vinyasa Flow (C)<br>16:00 Yin & Yang (Y)<br>18:00 Zumba (H)   | 8:00 Vinyasa Flow (Y)<br>10:00 Gentle Flow (D)<br>16:00 Yin Yoga (P)<br>18:00 Sunset Flow (Y)     | 8:00 Vinyasa Flow (D)<br>10:00 Gentle Flow (A)<br>16:00 Slow Flow (A)<br>18:00 Yin Yoga (P)   | 8:00 Morning Flow (Y)<br>10:00 Yin & Yang (Y)<br>16:00 Vinyasa Flow (A)<br>18:00 Yin Yoga (A) | 8:00 Ashtanga Vinyasa (P)<br>10:00 Gentle Flow (Y)<br>16:00 Sunset Flow (Y)                          |  |

We open 30 minutes before class starts and have everything you need. Just bring yourself, a towel and good energy :)  
 New to Yoga? Join us for Morning Flow, Sunset Flow, Gentle Flow, Slow Flow, Restorative or Yin Yoga!  
 Workshops, Masterclasses and SUP Yoga classes are not included in our class cards



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