



Kiryoku Training Center  
 1989 Englishtown Road  
 Old Bridge, NJ 08831

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 sandy@kiryokutraining.com

*Weekly Schedule*

*Check Our Website for Announcements*

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				<b>Jan 25</b> <b>Feb 1, 8, 15, 22</b> Intro to Yoga* 9:00-10:00
9:00 AM							
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	<b>Starting Feb 29</b> Barre 9:00-9:45
10:00 AM				<b>Mar 11, 18, 25</b> <b>Apr 1, 8, 15</b> 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							<b>Mar 7</b> Deep Health* 1:00-2:00
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		
7:30 PM		<b>Mar 9, 16, 23, 30</b> <b>Apr 6, 13</b> Beginner Meditation* 7:30 – 8:30		<b>Feb 12, 19, 26</b> <b>Mar 4, 11</b> Intro to Yoga* 8:00-9:00		<b>See below for Friday Night Events</b>	<b>Mar 21</b> Group Drumming* 7:00-8:30
8:00 PM			Multi-Level Yoga 8:00 – 9:00		Kickboxing PLUS 8:00 – 8:45		

Friday Night Events

**February 21, 2020 – Restorative Yoga – 7:00 to 9:00 PM**  
**February 28, 2020 – Mala and Meditation – 7:30 to 9:30 PM**  
**March 13, 2020 – Sound Healing & Meditation – 7:00 to 9:00 PM**

**\* Pre-Registration Required for Special Events \***

**\* Please contact [sandy@kiryokutraining.com](mailto:sandy@kiryokutraining.com) \***