



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				Jan 25 Feb 1, 8, 15, 22 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	Starting Feb 29 Barre 9:00-9:45
10:00 AM							Yoga Basics 10:00 – 11:00
11:30 AM	Private Class 11:30 – 1:00						Private Class 11:30 – 1:00
1:00 PM							Mar 7 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	See below for Friday Night Events	
7:30 PM		Jan 6, 13, 20, 27 Feb 3 Intro to Yoga* 7:30-8:30		Feb 12, 19, 26 Mar 4, 11 Intro to Yoga* 8:00-9:00			
8:00 PM			Multi-Level Yoga 8:00 – 9:00		Kickboxing PLUS 8:00 – 8:45		

Friday Night Events

February 7, 2020 – Sound Healing & Meditation – 7:00 to 9:00 PM

February 14, 2020 – Partner Yoga – 7:30 to 9:00 PM

February 21, 2020 – Restorative Yoga – 7:00 to 9:00 PM

February 28, 2020 – Mala and Meditation – 7:30 to 9:30 PM

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

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