

# Course schedule Ashtanga

## Monday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
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## Tuesday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
Ashtanga Mysore ** <i>Room 2 Introduction for beginners &amp; regular Mysore style</i>	18:00 - 19:30

## Wednesday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
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## Thursday

Ashtanga Mysore **	06:15 - 08:45
Ashtanga Mysore ** <i>Room 2 (all levels) Self-practice possible (from 17:45)</i>	18:00 - 19:30

## Friday

Ashtanga Led Class <i>Room 1 (some knowledge of primary series required)</i>	06:30 - 08:00
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## Saturday

## Sunday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	08:00 - 10:30
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Ashtanga Led Class  
*Room 2 (Beginners)*

11:00 - 12:30

Ashtanga Mysore \*\*

16:45 - 18:15