

GREECE *classes*

MONDAYS

9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:15PM: FOUNDATIONS
4:00PM - 5:00PM: HOUR OF POWER
6:00PM - 7:00PM: BASICS
7:15PM - 8:30PM: RESTORATIVE

TUESDAYS

6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:00PM: FOUNDATIONS
4:30PM - 5:30PM: HOUR OF POWER
5:45PM - 7:00PM: ALL LEVELS

WEDNESDAYS

9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:15PM: FOUNDATIONS
4:00PM - 5:00PM: YIN
5:45PM - 7:00PM: ALL LEVELS

THURSDAYS

6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:15PM: FOUNDATIONS
4:30PM - 5:30PM: HOUR OF POWER
5:45PM - 7:00PM: ALL LEVELS

FRIDAYS

6:00AM - 7:00AM: HOUR OF POWER
9:00AM - 10:15AM: ALL LEVELS
11:00AM - 12:00PM: FOUNDATIONS
5:00PM - 6:00PM: HOUR OF POWER

SATURDAYS

8:30AM - 9:45AM: ALL LEVELS
10:30AM - 11:30AM: HOUR OF POWER
12:00PM - 1:00PM: YIN

SUNDAYS

9:00AM - 10:15AM: BASICS
12:00PM - 1:00PM: HOUR OF POWER