

ZENYO

CLASS SCHEDULE

ADULTS

MORNING GROUP SESSIONS

MONDAY/WEDNESDAY/FRIDAY

6:30 AM

EVENING GROUP SESSIONS

TUESDAY/THURSDAY

7:00 PM

WEEKEND GROUP SESSIONS

SUNDAY

11:30 AM

WOMEN'S GROUP SESSIONS

THURSDAY

6:30 PM

VACCINE GROUP SESSIONS

MONDAY/WEDNESDAY

7:00 PM

BEGINNER SESSIONS

TUESDAY/THURSDAY

6:30 PM

KIDS

WEEKDAY SESSIONS

MONDAY – THURSDAY

4:00 – 6:00 PM

WEEKEND SESSIONS

SUNDAY

10:00 – 11:30 AM

