

Regular Class Schedule 2022

Class Name	Date	Time Zone/time	Status	Registration	Group	Platform
Colombo Regular Sunday	25.9. 2022	SL 5:00 AM	Ongoing			
	2.10.2022	SL 5:00 AM	Ongoing			
	9.10.2022	SL 5:00 AM	Ongoing		Selected Group in SL	In-person at Nirodha City Centre
	16.10.2022	SL 5:00 AM	Ongoing			
	23.10.2022	SL 5:00 AM	Ongoing			
	30.10.2022	SL 5:00 AM	Ongoing			
	6.11.2022	SL 5:00 AM	Ongoing			
	13.11.2022	SL 5:00 AM	Ongoing			
	20.11.2022	SL 5:00 AM	Ongoing		Selected Group in SL	In-person at Nirodha City Centre
	27.11.2022	SL 5:00 AM	Ongoing			
	4.12.2022	SL 5:00 AM	Ongoing			
	11.12.2022	SL 5:00 AM	Ongoing			
	18.12.2022	SL 5:00 AM	Ongoing			
	25.12.2022	SL 5:00 AM	Ongoing		Selected Group in SL	In-person at Nirodha City Centre
DC Regular Sunday	25.9. 2022	EDT 9:00 AM	Ongoing			
	2.10.2022	EDT 9:00 AM	Ongoing			
	9.10.2022	EDT 9:00 AM	Ongoing		Selected Group in DC	ZOOM online
	16.10.2022	EDT 9:00 AM	Ongoing			
	23.10.2022	EDT 9:00 AM	Ongoing			
	30.10.2022	EDT 9:00 AM	Ongoing			
	6.11.2022	EDT 9:00 AM	Ongoing			
	13.11.2022	EDT 9:00 AM	Ongoing			
	20.11.2022	EDT 9:00 AM	Ongoing		Selected Group in DC	ZOOM online
	27.11.2022	EDT 9:00 AM	Ongoing			
	4.12.2022	EDT 9:00 AM	Ongoing			
	11.12.2022	EDT 9:00 AM	Ongoing			
	18.12.2022	EDT 9:00 AM	Ongoing			
	25.12.2022	EDT 9:00 AM	Ongoing			

Class Time Zone/time	Sri Lanka	USA/Canada
U.K. 12:30 AM	SL 5:00 AM	EDT 7:30 PM
U.K. 2:00 PM	SL 6:30 PM	EDT 9:00 AM