

Schedule

FEBRUARY 2020 - until RAMADAN STARTS

WEEKDAY MORNING CLASSES

Timings	Sunday	Monday	Tuesday	Wednesday	Thursday
8:15 am	Hatha Yoga LADIES ONLY OUTDOOR	Spinal Care* LADIES ONLY	Spinal Care* LADIES ONLY	Spinal Care LADIES ONLY	Hatha Yoga LADIES ONLY
9:30 am	Spinal Care* LADIES ONLY	Hatha Yoga LADIES ONLY	Spinal Care LADIES ONLY	Pranayama* LADIES ONLY	Yin Yoga* LADIES ONLY
11:00 am	Pranayama LADIES ONLY	Spinal Care LADIES ONLY	Hatha Flow LADIES ONLY	Hatha Yoga LADIES ONLY	Spinal Care* LADIES ONLY

WEEKDAY AFTERNOON CLASSES

4:45 pm	Spinal Care* LADIES ONLY	Fitness Fusion LADIES ONLY	Yin Yoga* LADIES ONLY	Spinal Care* LADIES ONLY	Hatha Yoga LADIES ONLY OUTDOOR
6:00 pm	Power Yoga LADIES ONLY	Hatha Yoga LADIES ONLY	Spinal Care* LADIES ONLY	Hatha Yoga LADIES ONLY	Spinal Care* LADIES ONLY
7:30 pm	Hatha Yoga MIXED CLASS	Spinal Care* MIXED CLASS	Hatha Yoga* MIXED CLASS	Spinal Care* MIXED CLASS	Pranayama & Yoga Nidra* MIXED CLASS

WEEKEND CLASSES

Timings	Friday	Saturday
9:00 am	Spinal Care* MIXED CLASS	Spinal Care* LADIES ONLY
10:30 am	Hatha Yoga LADIES ONLY	Hatha Yoga LADIES ONLY
12:00 pm	Kids Yoga	Yoga Nidra* LADIES ONLY
4:30 pm		Spinal Care* LADIES ONLY

(*) Recommended for beginners
Please note that instructor can be male or female

Contact US

We are open daily except Official Holidays

The Yoga Studio: From 8:00am - 12:00nn and 4:00pm - 8:00pm (Sun-Thur); 8:00am - 1:00pm and 4:00pm - 6:00 pm (Sat)

For further information, you may contact The Yoga Studio Administration at ☎ 02 4477735; ✉ info@theyogastudio.ae; 📞 056 1079749.