



DECEMBER 2021: Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Hatha Yoga Vibin	Morning Hatha Kavita	Sunrise Yoga Shashank	Vinyasa Shashank		
8:30 AM	Ashtanga Vinyasa Primary Series Shashank	Flow Yoga Kavita				Morning Hatha Shashank	Vinyasa @8.30am Shashank
10:00 AM	Circuit Training Vibin				Sivananda Vibin		Pranayama, Yoga & Meditation @9:30am Kavita
11:15 AM						Beginners Hatha Kavita	
4:00 PM	Yoga Stretch Vibin		Circuit Training Vibin	Ashtanga Vinyasa Primary Series Shashank		Kids Yoga* Vibin @11.30AM	
5:00 PM	Hatha Yoga Shashank	Women's Health Yoga Kavita	Hatha w/ Props Kavita	Women's Health Yoga Kavita	Hatha Yoga Shashank	Ashtanga Vinyasa Primary Series @ 4 PM Shashank	Community Yoga @4pm
		Kids Yoga* Vibin @5:30PM					Restorative Yoga @4 PM Vibin
5:30 PM		Pre Natal Yoga Jaya		Pre Natal Yoga Jaya	Kids Yoga* Vibin	Notes: <ul style="list-style-type: none"> • Single session - 100 AED. • First trial class - 30 AED. • Prebooking is necessary. • Cancellation of classes must take place 4 hours prior. • Iyengar Yoga & Yoga Nidra is not included under the regular packages. • Call/Whatsapp +971 55 137 0044 or email info@yogaashram.com 	
6:00 PM	Spine Care Vibin	Beginners Hatha Shashank	Yoga Stretch Vibin		Yin Yoga & Meditation Kavita		
6:30 PM							
7:00 PM		Pranayama, Yoga, & Meditation Kavita					
7:15 PM	Power Yoga Shashank		Spine Care Vibin	Pranayama, Yoga, & Meditation Kavita			