



YOGA ASHRAM  
real yoga made easy

# NOVEMBER 2022 GROUP CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	MORNING HATHA VIBIN	SUNRISE YOGA KAVITA		SUNRISE YOGA KAVITA			SUNRISE YOGA VIBIN @7:30AM
8:30 AM		YOGA STRETCH VIBIN		GENTLE YOGA JAYA			PRANAYAMA, YOGA & MEDITATION KAVITA @8:30AM
10:00 AM	WEIGHT LOSS YOGA VIBIN			YOGA STRETCH VIBIN	SPINE CARE VIBIN	BEGINNERS HATHA KAVITA	
						WEIGHT LOSS YOGA VIBIN	
5:00 PM		WOMENS YOGA PILATES DHVANI	HATHA WITH PROPS KAVITA	WOMENS YOGA PILATES DHVANI			RESTORATIVE YOGA VIBIN
5:30 PM		PRENATAL YOGA KAVITA		PRENATAL YOGA KAVITA		YOGA STRETCH VIBIN	
6:00 PM					BEGINNERS HATHA KAVITA		
6:30 PM			SOUND HEALING & MEDITATION JAYA	PRANAYAMA, YOGA & MEDITATION KAVITA			
7:00 PM	YOGA PILATES DHVANI	PRANAYAMA, YOGA & MEDITATION KAVITA			YIN YOGA KAVITA @7:15AM		
7:15 PM		YOGA STRETCH VIBIN			WEIGHT LOSS YOGA VIBIN		
7:30 PM				SPINE CARE VIBIN			