



SEPTEMBER 2021: Weekly Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM		Hatha Yoga Kavita	Morning Hatha Kavita	Sunrise Yoga Kavita	Vinyasa Kavita			
8:30 AM		Flow Yoga Kavita				Hatha Yoga @9am Vibin		
10:00 AM	Hatha Yoga Vibin	Yoga Stretch Vibin	Circuit Training Vibin	Core Strengthening Vibin	Sivananda Yoga Vibin		Yoga Stretch @9.30am Vibin	
11:15 AM	<p>Three 20-min chair yoga sessions in the weekday afternoons - starting from 12:30 pm-12:50 pm, 1:00 pm-1:20 pm, 1:30 pm-1:50 pm</p>						Circuit Training Vibin @10.15am	
12:00 PM								
5:00 PM			Hatha w/ Props Kavita	Women's Health Yoga Harsha	Hatha w/ Props Kavita	Yoga Stretch @4 PM Vibin	Community Yoga @4pm	
		Kids Yoga* Vibin			Kids Yoga* Vibin		Restorative Yoga @4 PM Vibin	
5:30 PM	Spine Care Vibin	Pre Natal Yoga Jaya		Pre Natal Yoga Jaya		<p>Notes:</p> <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 is not included under the regular packages. • Call/Whatsapp +971 55 137 0044 or email info@yogaashram.com 		
6:00 PM		Beginner's Hatha Kavita	Yoga Stretch Vibin	Beginner Hatha Kavita				
6:30 PM					Yin Yoga @6:15 pm Kavita			
7:00 PM	Yoga Stretch Vibin	Pranayama, Yoga, & Meditation Kavita 7:15 PM			Circuit Yoga Vibin@ 6:30pm			
7:30 PM			Spine Care Vibin 7:00pm	Pranayama, Yoga, & Meditation Kavita 7:15 PM				