



# STUDIO SCHEDULE

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
06.00 to 07.00	Hatha Flow yoga	Tradittional Hatha yoga	Hatha Flow yoga	Tradittional Hatha yoga	Hatha Flow yoga	Tradittional Hatha yoga
07.10 to 08.10	Ashtanga Mysore Style	Trance Yoga	Ashtanga Mysore Style	Trance Yoga	Ashtanga Mysore Style	Trance Yoga
08.20 to 09.20	Weight loss	Weight loss	Weight loss	Weight loss	Weight loss	Weight loss
09.30 to 10.30	Prenatal	Vinyasa Yoga	Prenatal	Vinyasa Yoga	Prenatal	Vinyasa Yoga
10.30 to 11.30	Ladies Only/Hatha yoga	Ladies Only/Trance yoga	Ladies Only/Hatha yoga	Ladies Only/Trance yoga	Ladies Only/Hatha yoga	Ladies Only/Trance yoga
16.30 to 17.30	Ladies Only	Kids yoga	Ladies Only	Kids yoga	Ladies Only	Kids yoga
17.30 to 18.30	Weight loss	Weight loss	Weight loss	Weight loss	Weight loss	Weight loss
18.40 to 19.40	Tradittional Hatha yoga	Trance Yoga	Vinyasa Yoga	Trance Yoga	Vinyasa Yoga	Trance Yoga
19.50 to 21.50	Ashtanga Mysore Style	Hatha Flow yoga	Mid week Meditation	Hatha Flow yoga	Ashtanga Mysore Style	Sound Healing

## ONLINE LIVE STREAMING

07.10 to 08.10	08.20 to 09.20	17.30 to 18.30	18.40 to 19.40
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