

# CLASS SCHEDULE

( 17 -23 Feb 2025)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	17/02/2025	18/02/2025	19/02/2025	20/02/2025	21/02/2025	22/02/2025	23/02/2025
8. 305am - 9.30am						Hip Opening <Evon>	Yoga Stretch <Nikki>
9.45am - 10.45am						Body Opening <Evon>	Shoulder Opening <Nikki>
11.00 am - 12.00pm						Yoga Stretch <Evon>	Wheel Yoga <Nikki>
12.15pm-1.15pm	Backbend <Manoj>				Hip Opening <Nikki>		Basic Yoga <Yogi>
6.30pm - 7.30pm	Hip Opening <Manoj>	Hip Opening <Manoj>	Hip Opening <Nikki>		Yoga Stretch <Nikki>		Dynamic Yoga <Yogi>
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Wheel Yoga <Nikki>		Shoulder Opening <Nikki>		

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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