

MONDAY

1 JUL

MORNING FLOW  
T BHAWNA  
10:00AM - 11:00AM

CORE YOGA  
T BHAWNA  
11:05AM - 12:05PM

NECK & SHOULDER  
RELEASE  
T SHILPA  
7:00PM - 8:00PM

DEEP STRETCH  
T SHILPA  
8:05PM - 9:05PM

TUESDAY

2 JUL

DETOX VINYASA  
T TANVI  
10:00AM - 11:00AM

NECK & SHOULDER  
RELEASE  
T TANVI  
11:05AM - 12:05PM

WEDNESDAY

3 JUL

VINYASA FLOW  
MASTER GANESH  
10:00AM - 11:00AM

HIP OPENING  
MASTER GANESH  
11:05AM - 12:05PM

CORE YOGA  
MASTER GANESH  
7:00PM - 8:00PM

CHEST & SHOULDER  
OPENING  
MASTER GANESH  
8:05PM - 9:05PM

THURSDAY

4 JUL

FRIDAY

5 JUL

SATURDAY

6 JUL

**CLOSED**

INTERNATIONAL  
YOGA DAY  
CELEBRATION



SUNDAY

7 JUL

HATHA FLOW  
T HANA  
11:00AM - 12:00PM

DETOX VINYASA  
T HANA  
12:05PM - 1:05PM

MONDAY

8 JUL

VINYASA FLOW  
T BHAWNA  
10:00AM - 11:00AM

DEEP STRETCH  
T BHAWNA  
11:05AM - 12:05PM

CORE YOGA  
T SHILPA  
7:00PM - 8:00PM

YOGA STRETCH  
T SHILPA  
8:05PM - 9:05PM

TUESDAY

9 JUL

POWER YOGA  
T TANVI  
10:00AM - 11:00AM

YOGA STRETCH  
T TANVI  
11:05AM - 12:05PM

WEDNESDAY

10 JUL

WHEEL YOGA  
MASTER GANESH  
10:00AM - 11:00AM

CHEST & SHOULDER  
OPENING  
MASTER GANESH  
11:05AM - 12:05PM

VINYASA FLOW  
MASTER GANESH  
7:00PM - 8:00PM

WHEEL YOGA  
MASTER GANESH  
8:05PM - 9:05PM

THURSDAY

11 JUL

FRIDAY

12 JUL

SATURDAY

13 JUL

VINYASA FLOW  
MASTER GANESH  
11:00AM - 12:00PM

HIP OPENING  
MASTER GANESH  
12:05PM - 1:05PM

SUNDAY

14 JUL

HATHA FLOW  
T HANA  
11:00AM - 12:00PM

DETOX VINYASA  
T HANA  
12:05PM - 1:05PM

MONDAY

15 JUL

MORNING FLOW  
T KIRAN  
10:00AM - 11:00AM

CORE YOGA  
T KIRAN  
11:05AM - 12:05PM

NECK & SHOULDER  
RELEASE  
T SHILPA  
7:00PM - 8:00PM

DEEP STRETCH  
T SHILPA  
8:05PM - 9:05PM

TUESDAY

16 JUL

DETOX VINYASA  
T TANVI  
10:00AM - 11:00AM

NECK & SHOULDER  
RELEASE  
T TANVI  
11:05AM - 12:05PM

WEDNESDAY

17 JUL

VINYASA FLOW  
MASTER GANESH  
10:00AM - 11:00AM

HIP OPENING  
MASTER GANESH  
11:05AM - 12:05PM

CORE YOGA  
MASTER GANESH  
7:00PM - 8:00PM

THURSDAY

18 JUL

FRIDAY

19 JUL

SATURDAY

20 JUL

CORE YOGA  
MASTER GANESH  
11:00AM - 12:00PM

BACKBEND YOGA  
MASTER GANESH  
12:05PM - 1:05PM

SUNDAY

21 JUL

HATHA FLOW  
T HANA  
11:00AM - 12:00PM

DETOX VINYASA  
T HANA  
12:05PM - 1:05PM

MONDAY

22 JUL

VINYASA FLOW  
T KIRAN  
10:00AM - 11:00AM

DEEP STRETCH  
T KIRAN  
11:05AM - 12:05PM

CORE YOGA  
T SHILPA  
7:00PM - 8:00PM

YOGA STRETCH  
T SHILPA  
8:05PM - 9:05PM

TUESDAY

23 JUL

POWER YOGA  
T TANVI  
10:00AM - 11:00AM

YOGA STRETCH  
T TANVI  
11:05AM - 12:05PM

WEDNESDAY

24 JUL

WHEEL YOGA  
MASTER GANESH  
10:00AM - 11:00AM

VINYASA FLOW  
MASTER GANESH  
7:00PM - 8:00PM

WHEEL YOGA  
MASTER GANESH  
8:05PM - 9:05PM

THURSDAY

25 JUL

FRIDAY

26 JUL

SATURDAY

27 JUL

VINYASA FLOW  
MASTER GANESH  
11:00AM - 12:00PM

HIP OPENING  
MASTER GANESH  
12:05PM - 1:05PM

SUNDAY

28 JUL

MORNING FLOW  
T HANA  
11:00AM - 12:00PM

YOGA STRETCH  
T HANA  
12:05PM - 1:05PM

**MONDAY**

29 JUL

**MORNING FLOW**  
T BHAWNA  
10:00AM - 11:00AM

**CORE YOGA**  
T BHAWANA  
11:05AM - 12:05PM

**NECK & SHOULDER  
RELEASE**  
T SHILPA  
7:00PM - 8:00PM

**DEEP STRETCH**  
T SHILPA  
8:05PM - 9:05PM

**TUESDAY**

30 JUL

**DETOX VINYASA**  
T TANVI  
10:00AM - 11:00AM

**NECK & SHOULDER  
RELEASE**  
T TANVI  
11:05AM - 12:05PM

**WEDNESDAY**

31 JUL

**VINYASA FLOW**  
MASTER GANESH  
10:00AM - 11:00AM

**HIP OPENING**  
MASTER GANESH  
11:05AM - 12:05PM

**CORE YOGA**  
MASTER GANESH  
7:00PM - 8:00PM

**CHEST & SHOULDER  
OPENING**  
MASTER GANESH  
8:05PM - 9:05PM

