Time /Day	Monday	Tuesday	Wednesday	Thursday	Evidou	Saturday	Sunday	Sunday
Time / Day	Karthiga	Tuesday Karthiga	weanesday	Karthiga	Friday PT	Saturday	Sunday	Sunday
	(19Aug - 29Sep)	(19Aug - 29Sep)	Deepali	(19Aug - 29Sep)	7:30-90am			
	Beginner Practi	Beginner Practi	Beginner Practi	Beginner Practi	T Shilpa			
8AM - 9AM								
		Yoga for Flexibility &						
		Strength	Emily		Deepali			
		L2- Master Hritesh		Intro to Yin - T Jigna				
9AM - 10AM								
		General Yoga					PT	PT
	Jigna	Therapy - Master		Yoga for core Beginners			9:30-10:30am	9:30-10:30am
	Yoga for Hip	Hritesh		- T Jigna			T Shilpa	T Shilpa
10AM - 11AM							Hatha flow	
44444 40044							-T Shilpa	-T Shilpa
11AM - 12PM							10:45 - 11:45am Yoga for	Yoga for
						Core Yoga	Strength	Strength
						L2 -Master Hritesh	L1 - T Shilna	L1 - T.Shilpa
12PM - 1PM						Widster Timeesin	1.51mpu	1.5mpa
						Yoga for Neck &		
						Shoulder Release	Hip Openers	Hip Openers
						L1	L1	L1
						-Master Hritesh	- T. Shilpa	- T. Shilpa
1PM - 2PM								
						General Yoga		
						-Mstr H		
4:15PM - 5:15PM								
						General Yoga		
						-Mstr H		
5:30PM - 6.30PM	1					Comment Hother		
						Yoga	PT	PT
0.00014 7.0001						T.Shilpa	4:30 - 7pm T Shilpa	4:30 - 7pm T Shilpa
	Yoga Practice						ТОППРА	ТОППРА
6.30PM - 7.30PM								
6.30PM - 7.30PM	Intermediate .							
6.30PM - 7.30PN	Lvl	Hatha I 1						
6.30PM - 7.30PN		Hatha L1 - T. Savita						
7PM - 8PM	Lvl - Master Hritesh							
	Lvl - Master Hritesh Yoga Practice							
	LvI - Master Hritesh Yoga Practice Intermediate . LvI	- T. Savita						
	Lvl - Master Hritesh Yoga Practice Intermediate .							