

September 2024								
Time /Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday
8AM - 9AM	Karthiga (19Aug - 29Sep) Beginner Practi	Karthiga (19Aug - 29Sep) Beginner Practi	Deepali Beginner Practi	Karthiga (19Aug - 29Sep) Beginner Practi	PT 7:30-90am T Shilpa			
9AM - 10AM		Yoga for Flexibility & Strength L2- Master Hritesh	Emily Morning Flow	Intro to Yin - T Jigna	Deepali Beginner Practice			
10AM - 11AM	Jigna Yoga for Hip	General Yoga Therapy - Master Hritesh		Yoga for core Beginners - T Jigna			PT 9:30-10:30am T Shilpa	PT 9:30-10:30am T Shilpa
11AM - 12PM							Hatha flow -T Shilpa 10:45 - 11:45am	Hatha flow -T Shilpa 10:45 - 11:45am
12PM - 1PM						Core Yoga L2 -Master Hritesh	Yoga for Strength L1 - T.Shilpa	Yoga for Strength L1 - T.Shilpa
1PM - 2PM						Yoga for Neck & Shoulder Release L1 -Master Hritesh	Hip Openers L1 - T. Shilpa	Hip Openers L1 - T. Shilpa
4:15PM - 5:15PM						General Yoga Therapy -Mstr H		
5:30PM - 6.30PM						General Yoga Therapy -Mstr H		
6.30PM - 7.30PM						General Hatha Yoga -T.Shilpa	PT 4:30 - 7pm T Shilpa	PT 4:30 - 7pm T Shilpa
7PM - 8PM	Yoga Practice Intermediate . Lvl - Master Hritesh	Hatha L1 - T. Savita						
8PM - 9PM	Yoga Practice Intermediate . Lvl - Master Hritesh	Hip Openers L1 - T Savita						