Time \ Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30 am	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)	Advanced Yoga (A 180) 3.30 am to 6.30 am(Only by Appntmnt)
4 am							
4.30 am							
5 am							
5.30 am							
7.30 am	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth	**SAVY Chal-lenge Class** (A1 90equ) 7.30 am–9 am Day 1-21/mnth
8 am							
8.30 am							
9 am							
9.30 am	Deep Stretch Yoga(A1 90) 9.30–11 am	Beginners' Yoga (B 60) 9.30-10.30 am	Seniors' Yoga (B 60) 9.30-10.30 am	Beginners' Yoga (B 60) 9.30-10.30 am	Sun/Moon Salu-tation(I 60) 9.30-10.30 am	Meditation & Aum Chanting(I 60 equ)9.30-10.30am	
10 am							
10.30 am			Yoga for Chakra Awakening (A1 90)10.40 am -12.10 pm		Breath-work(B 30e)10.40–11.10		
11 am	Gentle Yoga (B 60) 11.10–12.10 am				Rejuvenation Yoga (A90 equ) 11.15 am -12.45 pm	Workshop (A 120 equiv) 11 am - 1 pm	
11.30 am							
12 MD	Breath-work (B 30)12.20–12.50		ChairYoga(B30e) 12.20–12.50				
12.30 pm							
1 pm	Lunch Yoga (I 60) 1–2 pm		Lunch Yoga (I 60) 1–2 pm		Lunch Yoga (I 60) 1–2 pm		
1.30 pm							
2 pm	Yoga Therapy Class (A 90 equivalent) 2.05–3.35 pm		Yoga Therapy Class (A 90 equivalent) 2.05–3.35 pm		Asana Workshop (A 60 equival) 2–3 pm		
2.30 pm							
3 pm					Vinyasa Yoga (I 60 equ) 3–4 pm		
3.30 pm							
4 pm	Mind overMatter Yoga(A 60 equ) 4.10–5.10 pm		Teen Yoga (I 60) 4.10–5.10 pm		Children's Yoga (B 60 equ) 4.10–5.10 pm		
4.30 pm							
5 pm	Beginners' Yoga (B 60) 5.15–6.15 pm	Yoga for Girls (I 60) 5.15–6.15 pm	Pre-natal Yoga (B 60) 5.15–6.15 pm	Yoga for Ladies (I 60) 5.15–6.15 pm	Beginners' Yoga (B 60) 5.15–6.15 pm		
5.30 pm							
6 pm	LaughterYogaB30 6.20–6.50 pm	Breath-work Class (I 60) 6.20–7.20 pm	Beginners' Yoga (B 60) 6.20–7.20 pm	Yoga for Face (A 60 equival) 6.20–7.20 pm	Laughter Yoga (I 60 equi) 6.20-7.20 pm		
6.30 pm							
7 pm	Bhangra Dance (I 60 equ) 7–8 pm						
7.30 pm							
8 pm							

Colouring Key

- Beginners' Level Classes
- Intermediate Level Classes
- Advanced-1 Level Classes
- Advanced Level Classes
- Workshops/ Special Classes

Drop-in Class Rates

B 30	$ 10
B 60	$ 18
I 60	$ 18
A1 90	$25
A 60	$ 25
A 90	$40
A 120	$ 60
A 180	$ 80

One-to-one sessions : $100/hour

All except purple classes are available for all cards/ plans/ promos.

*Conditions apply

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The True Traditional Yoga At The Most Affordable Rates

YogaAlliance Integrity. Diversity. Community.

RYS 500 Registered Yoga School · RYS 200 Registered Yoga School · IAYT

SAVY International First Timer's Voucher : $ 30 for 30 week days of Unlimited Yoga