



Swasthi Yoga

Let's transform together



33202331



swasthiyoga@gmail.com

STUDIO CLASS SCHEDULE OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hatha Yoga The Transformation 09.30AM-10.50AM Vishnu	Slimming Power Yoga The Weight Loss 09.30AM-10.50AM Vishnu	Detox Yoga & Meditation The Purification 09.30AM-10.50AM Vishnu	Hatha Yoga Alignment 09.30AM-10.50AM Vishnu	Detox Yoga & Meditation The Purification 09.30AM-10.50AM Vishnu	Yoga Slow Flow Ladies Only 09.30AM-10.30AM Swasan	Advanced Hatha Yoga The Transformation 09.15AM-10.35AM Vishnu
Detox Yoga Ladies only 11.00AM-12.00PM Swasan	Yoga Slow Flow Ladies only 11.00AM-12.00PM Aisha	Hatha Yoga Ladies only 11.00AM-12.00PM Palak	Detox Yoga Ladies only 11.00AM-12.00PM Aisha	Yoga Slow Flow Ladies only 11.00AM-12.00PM Palak		
					Detox Yoga & Meditation The Purification 11.00AM-12.20PM Vishnu	Hatha Yoga The Transformation 11.00AM-12.20PM Vishnu
Hatha Yoga The Transformation 5.00PM-6.20PM Samar	Detox Yoga The Purification 5.00PM-6.20PM Swasan	Yoga Slow Flow Sound Meditation 5.00PM-6.20PM Vicky	Yoga Slow Flow Beginners Class 5.00PM-6.20PM Swasan	Hatha Yoga The Transformation 5.00PM-6.20PM Marwa		Yoga Slow Flow Ladies Only 5.00PM-6.00PM Swasan
Hatha Yoga Beginners Class 6.30PM-7.50PM Vishnu	Hatha Yoga The Transformation 6.30PM-7.50PM Vishnu	Slimming Power Yoga The Weight Loss 6.30PM-7.50PM Vishnu	Hatha Yoga The Transformation 6.30PM-7.50PM Vishnu	Advanced Yoga The Transformation 6.30PM-7.50PM Vishnu		

PRICE PACKAGES

- UNLIMITED MONTHLY 80 MINUTES CLASSES - 500 QR (Mixed classes only)
- BUY 10 CLASSES AND GET 2 CLASSES FREE 700 QR (Mixed Classes - 2 months validity)
- LADIES ONLY CLASS BUY 5 CLASSES GET 1 CLASS FREE - 300QR (1 month validity)

DROP IN CLASS - 80 QR /80 MINUTES CLASS
DROP IN CLASS - 65 QR/ 60 MINUTES CLASS

NOTES

Advance booking need 5 hours prior to the class through our Whatsapp



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