LIFESTYLE YOGA AL-NAHDA 1	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM		FLEXI-FLOW	YOGA-STRONG	HALF N` HALF	YOGINA	YOGA - TOX	
9:30AM							
6:30PM	YOGA - TOX	FLEXI-FLOW	YOGINA	FLEXI-FLOW	YOGA-STRONG	HALF N` HALF	
7:30PM		YOGA-STRONG	YOGINA	HALF N` HALF	FLEXI-FLOW	YOGA - TOX	
LIFESTYLE YOGA SHANGRI-LA	**SATURDAY**	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
6:30AM		BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	
8:30AM		WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	
9:30AM	YOGA - TOX	FLEXI-FLOW	YOGINA	FLEXI-FLOW	YOGA-STRONG	HALF N` HALF	
10:30AM	YOGA FOR SENIORS		YOGA FOR SENIORS		YOGA FOR SENIORS		
6:30PM	YOGA - TOX	FLEXI-FLOW	HALF N` HALF	YOGINA	YOGA - TOX	YOGA-STRONG	
7:30PM		WEIGHT LOSS YOGA		WEIGHT LOSS YOGA		WEIGHT LOSS YOGA	
LIFESTYLE YOGA FAIRMONT	**SATURDAY**	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
11:00AM		Yoga - Toe	HALF N` HALF	FLEXI-FLOW		Yoga	
12:00PM	BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	BEGINNER YOGA	
4:00PM	Kids yoga		Kids yoga			Kids yoga	
5:00PM		WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	
Holiday Inn, Al Barsha	**SATURDAY**	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
6:30PM		FLEXI-FLOW		YOGINA		YOGA-STRONG	
7:30PM		WEIGHT LOSS YOGA		WEIGHT LOSS YOGA		WEIGHT LOSS YOGA	