

Al-Nahda, Dubai	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am		BEGINNER YOGA		BEGINNER YOGA	HALF N` HALF	BEGINNER YOGA	
8:00AM		WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	
9:00AM		YOGA-TOX	YOGA-STRONG	YOGINA	HALF N` HALF	FLEXI-FLOW	
10:00AM	LADIES ONLY FLEXI-FLOW	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	
11:00PM		YOGA-STRONG	YOGINA	HALF N` HALF	FLEXI-FLOW	YOGA-TOX	
6:30PM	WEIGHT LOSS	WEIGHT LOSS	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	WEIGHT LOSS YOGA	
7:30PM		YOGA-STRONG	YOGINA	HALF N` HALF	FLEXI-FLOW	YOGA-TOX	
8:30PM		BEGINNER YOGA		BEGINNER YOGA		BEGINNER YOGA	
Shangri-la Hotel	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM		60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	
8:00AM		60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	
9:00AM	YOGA-TOX	FLEXI-FLOW	YOGINA	FLEXI-FLOW	YOGA-STRONG	HALF N` HALF	
10:00AM	FLEXI-FLOW	HALF N' HALF	FLEXI-FLOW	HALF N' HALF	FLEXI-FLOW	HALF N' HALF	
11:00AM	CHAKRA MEDITATION	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	LADIES ONLY WEIGHT LOSS YOGA	
12:00PM	PRENATAL YOGA	YOGA FOR SENIORS	PRENATAL YOGA & YOGA-NIDRA	YOGA FOR SENIORS	PRENATAL YOGA	YOGA FOR SENIORS	
4:15PM	X	KIDS YOGA	X	X	KIDS YOGA	X	
5:15PM	YOGA-STRONG	FLEXI-FLOW	X	X	YOGA-STRONG	X	
6:30PM	YOGA-TOX	HALF N'HALF	FLEXI-FLOW	YOGINA	MEDITATION WITH SUMIT MANAV	YOGA-STRONG	
7:30PM		FLEXI-FLOW	X	YOGA-STRONG	X	YOGA-TOX	
8:30PM							
Fiarмонт Dubai	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM		FLEXI-FLOW	YOGA-TOX	YOGA-STRONG	YOGA-TOX	HALF N` HALF	
12:00AM	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	60-Days WEIGHT LOSS YOGA	
4:30PM	KIDS YOGA	X	KIDS YOGA	X	X	X	
Holiday Inn, Al Barsha	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30PM		FLEXI-FLOW		YOGINA		YOGA-STRONG	
7:30PM		YOGA-STRONG		FLEXI-FLOW		BEGINNER YOGA	
YogiNa	Rise N' Shine	Half N' Half	Flexi-Flow	Yoga-Strong	Yoga-Tox	Beginneroga	Prenatal Yoga
<p>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</p> <ul style="list-style-type: none"> <li>Aids a lot in weight loss.</li> <li>Pranayama, chanting and Meditation are included in this class.</li> <li>Great for consistent Vinyasa Yogis.</li> <li>YogiNa works on your stamina.</li> <li>Comprises 99 postures specifically designed by Sumit Manav.</li> <li>High-intensity class (No-break routine).</li> <li>Increased confidence.</li> <li>The perfect class for those who are looking to tone their bodies, lose weight and rejuvenate by incorporating Yoga in their lifestyle.</li> </ul> <p>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</p>	<ul style="list-style-type: none"> <li>According to ancient Indian Vedic scripts, mornings are the best time to rejuvenate and cleanse your energy.</li> <li>Your body rests through the night, during its sleep, and wakes up fresh and more absorbent of information and energies.</li> <li>Begin your day in a healthy way through Traditional Vinyasa in our Rise N' Shine! Yoga class.</li> <li>Meditation is an essential part of this class.</li> <li>Long-held postures and breath control techniques.</li> <li>This class is perfect for beginner Yogis and Yogis of all levels</li> </ul>	<ul style="list-style-type: none"> <li>Yoga is about balancing 2 sides of you – the Ying and Yang, the Ida and Pingla.</li> <li>Achieve the cosmic balance between your body and mind through Yoga.</li> <li>Hatha postures, Hatha Yoga Kiryas &amp; Meditation.</li> <li>Goal: Achieving awareness, strength and inner stability.</li> <li>The perfect class for those who are already practicing Yoga on a day-to-day basis, but the program can also be modified for interested beginner Yogis.</li> <li>Please note that full inversions and backward bends are an essential part of this class.</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility is not a given – it's something that you CAN achieve.</li> <li>Sink into a Vinyasa flow of Asanas, focusing on the hips, spine and legs.</li> <li>Intensive Traditional Yoga stretches and breath control.</li> <li>Ideal to balance your prana and find your Chi.</li> <li>FlexiGo ends with short meditations.</li> <li>Sweat out your stress with Lifestyle Yoga Dubai's creative signature class!</li> <li>Flo-Yo maximizes your endurance by mixing in Traditional Vinyasa Yoga for a high-intensity detox.</li> <li>The perfect balance of strength, meditation and postures using intensive breath control.</li> <li>This class is suitable for all levels, including beginner Yogis too.</li> </ul>	<ul style="list-style-type: none"> <li>Your core strength exists – but are you using it?</li> <li>Yogo-Strong aims at effectively building your strength through Yoga.</li> <li>Working on the vitality of both your body &amp; mind.</li> <li>This class improves your posture, body language and core strength – which enhances your inner &amp; outer confidence a lot.</li> <li>60 minutes of challenging Yoga targeting all body parts, with a major focus on stubborn fat areas.</li> <li>Target body parts: Arms – Chest – Legs – Abdominal Area – Back – Buttocks.</li> <li>Endurance flow with Namaskaras to the Sun and Chakras.</li> <li>Intensity increases gradually.</li> <li>The class ends with Meditation, Pranayama and Shavasana.</li> <li>The perfect class for those who are looking for next-level Yoga and aim to achieve and maintain the strength of both their body &amp; mind.</li> </ul>	<ul style="list-style-type: none"> <li>The ultimate stress-relief.</li> <li>A series of postures, twists, forward bends and backward bends as your stimulate your internal organs gently using Traditional Yoga practices.</li> <li>Frequent flows of Pranayama, Bahadas &amp; Meditation.</li> <li>Digestive rejuvenation.</li> <li>The perfect class for those who exercise on a regular basis and want to incorporate Yoga in their daily routine.</li> </ul>	<ul style="list-style-type: none"> <li>Dwell in a calming Yoga flow that will charmingly take you through the basics and principles of Traditional Yoga and Archaic Postures in a gentle and educational manner.</li> <li>The purpose of this class is to introduce beginner and aspiring Yogis to the authentic Yoga practice in order to calm your body and achieve mindfulness.</li> <li>The perfect class for beginners and first-time Yogis.</li> </ul>	<p>Becoming a mother is a special experience. Lifestyle Yoga helps pregnant women to maintain their mental and physical health throughout the prenatal period. This program ensures the safety of pregnant women and helps them achieve a state of well-being. Our instructors are trained to take special individual care of every expecting woman's physical demands and requirements.</p>