

Al-Nahda, Dubai	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM		30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	
6:30PM	YOGA-TOX	HALF N'HALF	FLEXI-FLOW	YOGINA	YOGA-STRONG	HALF N'HALF	
7:30PM		30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	
Shangri-la Hotel	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM		30 DAYS YOGA FIT CHALLENGE		30 DAYS YOGA FIT CHALLENGE		30 DAYS YOGA FIT CHALLENGE	
8:00AM		30 DAYS YOGA FIT CHALLENGE	YOGA-TOX	30 DAYS YOGA FIT CHALLENGE	FLEXI-FLOW	30 DAYS YOGA FIT CHALLENGE	
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	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	
12:00PM		YOGA FOR SENIORS		YOGA FOR SENIORS		YOGA FOR SENIORS	
4:15PM	X	KIDS YOGA	X	X	KIDS YOGA	X	
5:15PM	30 DAYS YOGA FIT CHALLENGE	30 DAYS YOGA FIT CHALLENGE	X	X	30 DAYS YOGA FIT CHALLENGE	X	
6:30PM	YOGA-TOX	HALF N'HALF	FLEXI-FLOW	YOGINA	HALF N'HALF	YOGA-STRONG	
7:30PM		30 DAYS YOGA FIT CHALLENGE	X	30 DAYS YOGA FIT CHALLENGE	X	30 DAYS YOGA FIT CHALLENGE	
Fairmont Dubai	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM		FLEXI-FLOW	YOGA-TOX	YOGA-STRONG	YOGA-TOX	HALF N` HALF	
12:00AM	30 DAYS YOGA FIT CHALLENGE	FLEXI-FLOW	30 DAYS YOGA FIT CHALLENGE	YOGA-STRONG	30 DAYS YOGA FIT CHALLENGE	YOGA-TOX	
4:30PM	KIDS YOGA	X	KIDS YOGA	X	X	X	
Holiday Inn, Al Barsha	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30PM		30 DAYS YOGA FIT CHALLENGE		30 DAYS YOGA FIT CHALLENGE		30 DAYS YOGA FIT CHALLENGE	
7:30PM		30 DAYS YOGA FIT CHALLENGE		30 DAYS YOGA FIT CHALLENGE		30 DAYS YOGA FIT CHALLENGE	

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>	<p>Yoga is about balancing 2 sides of you – the Ying and Yang, the Ida and Pingla.</p> <ul style="list-style-type: none"> <li>Achieve the cosmic balance between your body and mind through Yoga.</li> <li>Hatha postures, Hatha Yoga Kiriyas &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>Yoga-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 you 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.</p> <p>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>