



Transforming lives through yoga

Aayana Yoga Academy, HSR - Class Schedule

[23 October Onwards]

WEEKDAY SCHEDULE

Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am to 7:30 am	Hatha Yoga Dushyanth	Vinyasa Yoga Ekta	Vinyasa Yoga Dushyanth	Hatha Yoga Yuva	Vinyasa Yoga Dushyanth
7:45 am to 8:45 am	Hatha Yoga Dushyanth	Vinyasa Yoga Ekta	Hatha Yoga Dushyanth	Prop Yoga Ekta	Vinyasa Yoga Dushyanth
9:30 am to 10:45 am	Vinyasa Yoga Anusha		Vinyasa Yoga Ekta		Vinyasa Yoga Yuva
11:00 am to 12:15 pm	Prenatal Yoga Rashmi				Prenatal Yoga Rashmi
6:00 pm to 7:15 pm	Hatha Yoga Mrinali	Vinyasa Yoga Yuva	Hatha Yoga Yuva	Hatha Yoga Mrinali	Vinyasa Yoga Yuva
7:15 pm to 8:15 pm	Yin Yoga Mrinali	Hatha Yoga Yuva	Vinyasa Yoga Yuva	Yin Yoga Mrinali	Prop Yoga Yuva

WEEKEND SCHEDULE

Time/Days	Saturday	Sunday
8:00 am to 9:15 am	Hatha Yoga Yuva	Vinyasa Yoga Dhana Shree
9:30 am to 10:45 am	Vinyasa Yoga Regeesh	