



YOGA, TAI CHI & KUNG FU TIME TABLE FOR JULY 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30							
8:45	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS		TAI CHI CLASS	TAI CHI CLASS
9:00	(8:30 - 9:45)	(8:30 - 9:45)	(8:30 - 9:45)	(8:30 - 9:45)		(8:30 - 9:45)	(8:30 - 9:45)
9:15							
9:30							
9:45							
10:00							
10:15	INTERMEDIATE	ALL LEVEL	HEALTHY SPINE	BEGINNERS	ALL LEVEL	HEALTHY SPINE	BEGINNERS
10:30	(10.00 - 11.15)	(10.00 - 11.15)	(10.00 - 11.15)	(10.00 - 11.15)	(10.00 - 11.15)	(10.00 - 11.15)	(10.00 - 11.15)
10:45							
11:00							
11:15							
11:30							
11:45	BEGINNERS	CHAKRA YOGA	INTERMEDIATE	ALL LEVEL	ART OF BREATH	ALL LEVEL	INTERMEDIATE
12:00	(11.30 - 12.45)	(11.30 - 12.45)	(11.30 - 12.45)	(11.30 - 12.45)	(11.30 - 12.45)	(11.30 - 12.45)	(11.30 - 12.45)
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30	HATHA YOGA	BEGINNERS	ALL LEVEL	ALL LEVEL	INTERMEDIATE	BEGINNERS	ALL LEVEL
4:45	(4.30 - 5.45)	(4.30 - 5.45)	(4.30 - 5.45)	(4.30 - 5.45)	(4.30 - 5.45)	(4.30 - 5.45)	(4.30 - 5.45)
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30	BEGINNERS	YOGA WITH MEDITATION	INTERMEDIATE	ALL LEVEL	BEGINNERS YOGA	ALL LEVEL	BEGINNERS
6:45	(6.30 - 7.45)	(6.30 - 7.45)	(6.30 - 7.45)	(6.30 - 7.45)	(6.30 - 7.45)	(6.30 - 7.45)	(6.30 - 7.45)
7:00							
7:15							
7:30							
7:45							
8:00	SOLAR YOGA	TAI CHI CLASS	ALL LEVEL			BEGINNERS	TAI CHI CLASS
8:15	(ALL LEVEL)	(8:00 - 9:00)					(8:00 - 9:00)
8:30	(8:00 - 9:15)		(8:00 - 9:15)			(8:00 - 9:15)	
8:45							
9:00							
9:15							

Price :
 Dhs. 75.00 - Pre Natal Class (By Appointment Only)
 Dhs. 600.00 - Pre Natal Class Package of 10 (15 mins. Back and shoulder massage)

Dhs. 57.00 - Single Yoga Class
 Dhs. 400.00 - 8 Yoga Classes

Appointments must be made in advance

For reservation please call 04-3489940 / 0505348267