

STUDIO CLASS SCHEDULE - AUGUST 2026

SUN	HATHA YOGA Transformation 9:30 am to 10:50 am Sawsan for all levels	HATHA YOGA Slow flow 6:30 pm to 7:50 pm Sudha for all levels
MON	SLIMMING POWER YOGA Weight loss 9:30 am to 10:50 am Sawsan for all levels	HATHA YOGA Transformation 6:30 pm to 7:50 pm Sudha for all levels
TUE	DETOX YOGA Purification 9:30 am to 10:50 am Sawsan for all levels	HATHA YOGA Slow flow 6:30 pm to 7:50 pm Sudha for all levels
WED	HATHA YOGA Transformation 9:30 am to 10:50 am Sawsan for all levels	HATHA YOGA Transformation 6:30 pm to 7:50 pm Sudha for all levels
THU	DETOX YOGA Purification 9:30 am to 10:50 am Sawsan for all levels	SLIMMING POWER YOGA Weight loss 6:30 pm to 7:50 pm Sawsan for all levels
FRI		DETOX YOGA Purification 11:00 am to 12:20 pm Sudha for all levels
SAT		HATHA YOGA Transformation 11:00 am to 12:20 PM Sawsan for all levels

PRICES & PACKGAES

ALL OUR CLASSES ARE MIXED & 80 MINUTES

> Single Class: 80/- Qr

> Unlimited Monthly Class Pkg for- 500 /- QR

> 12 Class Pkg: 3 Months Validity for -800 /-QR

FOR BOOKINGS

 +974 31468710

 +974 33202331

FOR UPDATES

 VISHNUSWASTHIYOGA