



# Swasthi Yoga

Let's transform together

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## STUDIO CLASS SCHEDULE JAN 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hatha Yoga</b> The Transformation 09.30AM-10.50AM Vishnu	<b>Slimming Power Yoga</b> The Weight Loss 09.30AM-10.50AM Vishnu	<b>Detox Yoga &amp; Meditation</b> The Purification 09.30AM-10.50AM Vishnu	<b>Hatha Yoga</b> Alignment 09.30AM-10.50AM Vishnu	<b>Detox Yoga &amp; Meditation</b> The Purification 09.30AM-10.50AM Vishnu	<b>Detox Yoga &amp; Meditation</b> The Purification 09:15 AM - 10:35 AM Vishnu	<b>Advanced Yoga</b> The Transformation 09.15AM-10.35AM Vishnu
					<b>Detox Yoga &amp; Meditation</b> The Purification 11.00AM-12.20PM Vishnu	<b>Hatha Yoga</b> The Transformation 11.00AM-12.20PM Vishnu
<b>Hatha Yoga</b> Beginners Class 6.30PM-7.50PM Vishnu	<b>Hatha Yoga</b> The Transformation 6.30PM-7.50PM Vishnu	<b>Slimming Power Yoga</b> The Weight Loss 6.30PM-7.50PM Vishnu	<b>Hatha Yoga</b> The Transformation 6.30PM-7.50PM Vishnu	<b>Advanced Yoga</b> The Transformation 6.30PM-7.50PM Vishnu		

## PRICE PACKAGES

- UNLIMITED MONTHLY 80 MINUTES CLASSES - 500 QR (Mixed classes only)
- BUY 10 CLASSES AND GET 2 CLASSES FREE 800 QR (Mixed Classes - 3 months validity)

DROP IN CLASS - 80 QR /80 MINUTES CLASS

## NOTES

Advance booking need 5 hours prior to the class through our Whatsapp

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