



Swasthi Yoga

Let's transform together



33202331



swasthiyoga@gmail.com

STUDIO CLASS SCHEDULE JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hatha Yoga The Transformation 09.30AM-10.50AM Vishnu	Slimming Power Yoga The Weight Loss 9.30AM-10.50AM Vishnu	Detox Yoga The Purification 9.30AM-10.50AM Vishnu	Hatha Yoga The Transformation 9.30AM-10.50AM Vishnu	Hatha Yoga The Transformation 9.30AM- 10.50AM Kavana		Hatha Yoga Ladies only 9.30AM- 10.50AM Kavana
Hatha Yoga Ladies Only 10.30AM- 11.30AM Kavana		Hatha Yoga Ladies Only 10.30AM-11.30AM Kavana	Hatha Yoga Ladies Only 10.30AM-11.30AM Kavana	Hatha Yoga Ladies Only 11.00AM-12.00AM Kavana	Hatha Yoga Ladies Only 09.30AM-10.30AM Kavana	Detox Yoga Ladies Only 09.30AM-10.30AM Sally
		Hatha Yoga Ladies Only 4.30PM-5.30PM Sally			Detox Yoga The Purification 11.00 AM- 12.20PM Vishnu	Hatha Yoga The Purification 11.00 AM- 12.20PM Vishnu
Hatha Yoga Ladies Only 5.30PM-6.30PM Kavana	Hatha Yoga Ladies Only 4.30PM-5.30PM Sally	Hatha Yoga The Transformation 5.30PM-6.50PM Clara	Hatha Yoga Ladies Only 5.30PM-6.30PM Kavana			
Slimming Power Yoga The Weight loss 6.30PM-7.50PM Vishnu	Hatha Yoga The Transformation 6.30PM-7.50PM Vishnu	Slimming Power Yoga The Weight loss 6.30PM-7.50PM Vishnu	Hatha Yoga The Transformation 6.30PM-7.50PM Vishnu	Hatha Yoga Ladies Only 6.30PM-7.30PM Kavana		

NOTES

Location: Swasthi Yoga Studio At Sheraton Grand Hotel fitness center

All classes need Advance Reservation through whatsapp or call: 33202331

Must Show EHTERAZ App with vaccination sign

Full Moon Yoga Not included in the class Pkges



vishnuswasthiyoga



www.swasthiyoga.com

- **MIX CLASS PACKAGE**
UNLIMITED MONTHLY CLASS WITH VISHNU 500 QR
BUY 10 CLASS AND GET 2 CLASSES FREE
(12 Class Package 700 QR- 3 months validity)
- **BUY 5 CLASS AND GET 1 CLASS FREE**
(5 Class Package 350 QR- 2 month validity)
DROP IN PRICE - 80 QR/80 minutes
- **LADIES ONLY CLASS PACKAGE**
BUY 10 CLASSES AND GET 2 CLASSES FREE
12 CLASSES 600 QR (3 MONTH VALIDITY)
DROP IN PRICE - 65 QR/ 60 MINUTES CLASS



Sheraton Grand Hotel Doha, Swasthi Yoga studio
Al Corniche Street, P.O. Box 6000, Doha, Qatar