

# Swasthi Yoga

Let's transform together



33202331



swasthiyoga@gmail.com

## STUDIO CLASS SCHEDULE FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Sunrise Yoga Flow</b> 08.00AM-09.20AM Anna			<b>Sunrise Yoga Flow</b> 08.00AM-09.20AM Anna		
<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</b> Ladies only 11.00AM-12.00PM Sawsan	<b>Yoga Slow Flow</b> Ladies only 11.00AM-12.00PM Aisha	<b>Hatha Yoga</b> Ladies only 11.00AM-12.00PM Palak	<b>Yoga Slow Flow</b> Ladies only 11.00AM-12.00PM Aisha	<b>Yoga Slow Flow</b> Ladies only 11.00AM-12.00PM Palak	<b>Yoga Slow Flow</b> Ladies Only 09.30AM-10.30AM Sawsan	<b>Advanced Yoga</b> The Transformation 09.15AM-10.35AM Vishnu
	<b>Breath Work &amp; Sound Meditation</b> Ladies Only 4.00PM-5.00PM Maryam	<b>Power Yoga</b> The Weight Loss 5.30PM-6.50PM (Room 1) Marwa			<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> The Transformation 5.00PM-6.20PM Samar	<b>Detox Yoga</b> The Purification 5.10PM-6.30PM Sawsan	<b>Yoga Slow Flow</b> Sound Meditation 5.00PM-6.20PM Vicky	<b>Yoga Slow Flow</b> Beginners Class 5.00PM-6.20PM Sawsan	<b>Hatha Yoga</b> The Transformation 5.00PM-6.20PM Marwa		<b>Yoga Slow Flow</b> Ladies Only 5:00pm to 6:00pm Sawsan
<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> Alignment 6.30PM-7.50PM Vishnu	<b>Advanced Yoga</b> The Transformation 6.30PM-7.50PM Vishnu		<b>Breath work &amp; Self Love Journey</b> 7.00PM-8.20PM Huda

### 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)
- LADIES ONLY CLASS BUY 5 CLASSES GET 1 CLASS FREE - 400QR (1 month validity)

DROP IN CLASS - 80 QR /80 MINUTES CLASS  
 DROP IN CLASS - 65 QR/ 60 MINUTES CLASS

### NOTES

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



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