

आहार योग क्लास इच्छेदी

SUN

☀️ 8:00-9:00 am
ALL LEVELS

MON

🌙 6:30-7:45 pm
LEVEL 2/3

TUES

☀️ 10:15-11:15 am
LEVEL 1/2

WED

🌙 6:45-8:00 pm
LEVEL 2/3

THURS

☀️ 10:15-11:15 am
LEVEL 1/2

FRI

☀️ 6:45-7:45 am
SUNRISE YOGA

SAT

☀️ 8:00-9:00 am
ALL LEVELS

🌙 8:00-9:00 pm
**BEGINNERS
YOGA**

🌙 8:10-9:10 pm
LEVEL 1

🌙 6:00-7:15 pm
LEVEL 1/2

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