



YOGA CLASSES SCHEDULE

- Monday :- 12:00 hrs to 13:00 hrs 1) Senior citizens (Over 65 years of age)
16:00 hrs to 17:00 hrs 2) Students (8 years to 25 years)
17:00 hrs to 18:00 hrs 3) Person between 25 to 50 Years of age
- Tuesday :- 12:00 hrs to 13:00 hrs 1) Chair yoga for all
15:00 hrs to 16:00 hrs 2) Person between 25 to 50 Years of age
16:00 hrs to 17:00 hrs 3) Students (8 years to 25 years)
17:00 hrs to 18:00 hrs 4) Person between 50 to 65 years
- Wednesday:- 12:00 hrs to 13:00 hrs 1) Senior citizens (Over 65 years of age)
16:00 hrs to 17:00 hrs 2) Person between 25 to 50 Years of age
17:00 hrs to 18:00 hrs 3) Members of Diplomatic Community
18:30 hrs to 19:30 hrs 4) Yoga for all
- Thursday :- 12:00 hrs to 13:00 hrs 1) Chair yoga for all
15:00 hrs to 16:00 hrs 2) Person between 50 to 65 years
16:00 hrs to 17:00 hrs 3) Students (8 years to 25 years)
- Friday :- 12:00 hrs to 13:00 hrs 1) Senior citizens (Over 65 years of age)
15:00 hrs to 16:00 hrs 2) Person between 25 to 50 Years of age
16:00 hrs to 17:00 hrs 3) General Yoga class for all