


























FEBRUARY'22 YOGA SCHEDULE


















DAY \ TIME	7-8 AM	8-9 AM	9-10 AM	5-6 PM	6-7 PM
MONDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA NISHA
TUESDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA NISHA
WEDNESDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA NISHA
THURSDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA NISHA
FRIDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA NISHA

CALL FOR MORE INFO +91 9205264010 +91 8447081720



FEBRUARY- 2022 WORKOUT SCHEDULE

CALL FOR MORE INFO
+91 9205264010
+91 8447081720

DAY	TIME	6 PM - 7 PM	7 PM - 8 PM	8 PM - 9 PM
MONDAY		 FULL BODY WORKOUT SHAHVEJ	 ZUMBA BY PRIYANKA	 S&C BY RAHUL
TUESDAY		 FULL BODY WORKOUT SHAHVEJ	 S&C BY PRIYANKA	 ZUMBA BY RAHUL
WEDNESDAY		 FULL BODY WORKOUT SHAHVEJ	 ZUMBA BY PRIYANKA	 S&C BY RAHUL
THURSDAY		 FULL BODY WORKOUT SHAHVEJ	 S&C/HIIT BY PRIYANKA	 ZUMBA BY RAHUL
FRIDAY		 FULL BODY WORKOUT SHAHVEJ		 S&C BY RAHUL
SATURDAY		 FULL BODY WORKOUT SHAHVEJ	 CHALLENGE DAY MOBILITY PRIYANKA	
SUNDAY			 ZUMBA BY PRIYANKA	



FEBRUARY 2022 PRE-NATAL YOGA SCHEDULE

CALL FOR MORE INFO

+91 9205264010, +91 8447081720

DAY \ TIME	9:30-10:30 AM	5-6 PM
MONDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
TUESDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
WEDNESDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
THURSDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
FRIDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA