



yogaom

Schedule: February 2012

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
8.00am						
9.00am		Vinyasa Yoga Charity	Vinyasa Flow Este	Ashtanga Yoga (level 1) Irene	Hatha Yoga Sarah	Vinyasa Yoga Charity
9.30am						
10.00am	Vinyasa Yoga Este				Meditation Sarah (10.15am)	
11.00am		**Mummy & Me Andrea	Yoga Fit Wilmarie			Zumba Elaine
11.30pm					Yoga Fit Wilmarie	
2.00pm						
3.00pm		Karate (4yrs-6yrs)	Dance mix (3yrs - 5yrs)	Guitar	Tutu Princesses (2.45pm)	Karate (4yrs-6yrs)
3.45pm			Twinkly Fairies (2.5-3yrs)	Guitar	Dance Mix (4yrs-7yrs)(3.30pm)	
4.00pm		Karate (4yrs-6yrs)				Karate (4yrs-6yrs)
4.15pm			Tutu Princess's (3yrs-4yrs)	**Zumbatomic Kids	***Creative Choreography	
5.00pm		Karate (6yrs-9yrs)	Hip Hop (6-12yrs)	Kids Yoga Wilmarie		Karate (6yrs-9yrs)
6.00pm	Mat Pilates Georgina	Karate (10yrs +)	Vinyasa Yoga Charity	Mat Pilates Georgina	Dynamic Flow Ruth	Karate (10yrs +)
7.00pm		Karate Adults				Karate Adults
7.30pm			Zumba (8pm) Elaine	Yin Yoga Sarah		

Contact +9714 8853655 or www.yogaom.ae for more information.

Kids
 Adults

** Please book in advance
 *** 6-10 yrs