Mind O Body Yoga Class Schedule

Effective From (16-12-2021)

1st Floor Babulal Palaza, Maurya Path, Khajpura, Patna – 800014
Website: www.mondobodyyoga.com Email: hello@mindobodyyoga.com

With Brand New Classes!!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 – 07:15	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	
07:30 – 08:30	Healing Yoga	Healing Yoga	Healing Yoga	Healing Yoga	Healing Yoga	Healing Yoga	
08:45 – 09:45	Weight Loss	Weight Loss	Weight Loss	Weight Loss	Weight Loss	Weight Loss	
10:00 – 11:00	Women Special Coming Soon!!	Women Special Coming Soon!!	Women Special Coming Soon!!	Women Special Coming Soon!!	Women Special Coming Soon!!	Women Special Coming Soon!!	
16:40 – 17:30	Power Yoga	Power Yoga	Power Yoga	Power Yoga	Power Yoga	Power Yoga	
	Kids Yoga		Kids Yoga		Kids Yoga		
17:30 – 18:30	Yoga Therapy	Meditation & Yoga Nidra	Yoga Therapy	Meditation & Yoga Nidra	Yoga Therapy	Meditation & Yoga Nidra	
18:45 – 19:45	Coming Soon!!	Coming Soon!!	Coming Soon!!	Coming Soon!!	Coming Soon!!	Coming Soon!!	