Mind O Body Yoga Class Schedule

Effective From (01-04-2022)

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

With Zumba Sessions!!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	Integral Yoga Series	
07:15 – 08:15	Healing Yoga	Healing Yoga	Healing Yoga	Healing Yoga	Healing Yoga	Healing Yoga	
08:30 – 09:30	Zumba Weight Loss Coming Soon…	Zumba Weight Loss Coming Soon…	Zumba Weight Loss Coming Soon…	Zumba Weight Loss Coming Soon…	Zumba Weight Loss Coming Soon…	Zumba Weight Loss Coming Soon…	
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!!	
16:15 – 17:15		Zumba		Zumba		Zumba	
17:30 – 18:30	Yoga Therapy Meditation	Yoga Therapy Meditation	Yoga Therapy Meditation	Yoga Therapy Meditation	Yoga Therapy Meditation	Yoga Therapy Meditation	
18:45 – 19:45	Coming Soon!!	Coming Soon!!	Coming Soon!!	Coming Soon!!	Coming Soon!!	Coming Soon!!	