

CLAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30 - 8.30am		Nerva Yoga		Nerva Yoga		
9.00 - 10.00am		Active Living	A.N.C Ex.	Active Living	Active Living	
10.00 - 11.00am	Nerva Yoga		Nerva Yoga		Nerva Yoga	A.N.C INFO (10-11.30)
10.15 - 11.30am		Bums & Tums		Bums & Tums		ANC Ex. (11.30 -12.30)
11.30 - 12.30pm	Active Living		Active Living		Active Living	
4:00 - 5:00 pm	Nerva Yoga		Nerva Yoga		Nerva Yoga	ANC INFO (12.30-2pm)
5:00 - 6:00 pm		Kids Yoga	Kids Yoga			
5:45 - 6:45 pm	A.N.C Ex.	Kids Yoga	Kids Yoga		A.N.C Ex.	
7:00 - 8:00pm	Active Living		Active Living		Active Living	

Instructors:

Ante-Natal-Care: Sonali Shivlani
Kids Yoga: Mini/Jasmeet
Bums & Tums: Anu Kapoor
Nerva Yoga : Sonal Ahuja
Active Living Aarti Shivlani

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P.N: A one time registration fees of Rs. 250/ -
One Trial Class = Rs.330/-