

# AthaYog Living Indiranagar

## Group Class Schedule - August 2025

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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### Morning Batches

6 AM - 7 AM	Rhythm of Being	Chair Yoga	Uttama Sadhana (Advance Asana)	Shakthi Yoga	Universal Harmony	Transcending Transition	Shakthi Yoga
7 AM - 8 AM	Transcending Transition	Rhythm of Being	Transcending Transition	Uttama Sadhana ( Inversions )	Shakthi Yoga	Power Yoga	Transcending Transition
8 AM - 9 AM	Uttama Sadhana (Arm Balance)	Shakthi Yoga	Universal Harmony	Power Yoga	Chair Yoga	Rhythm of being	Universal Harmony
9 AM - 10 AM	Universal Harmony	Transcending Transition	Power Yoga	Chair Yoga	Uttama Sadhana ( Advance Asana )	Shakthi Yoga	Rhythm of Being
10 AM - 11 AM	Shakthi Yoga	Uttama Sadhana ( Inversions )	Shakthi Yoga	Rhythm of Being	Power Yoga	Transcending Transition	Yoga Nidra

### Evening Batches

4 PM - 5 PM	Power Yoga	Universal Harmony	Transcending Transition	Chair Yoga	Universal Harmony	Uttama Sadhana (Arm Balance)	Rhythm of Being
5 PM - 6 PM	Transcending Transition	Shakthi Yoga	Uttama Sadhana (Inversions)	Rhythm of Being	Transcending Transition	Universal Harmony	Uttama Sadhana (Inversions)
6 PM - 7 PM	Rhythm of Being	Transcending Transition	Power Yoga	Shakthi Yoga	Uttama Sadhana (Arm Balance)	Chair Yoga	Universal Harmony
7 PM - 8 PM	Universal Harmony	Sound meditation	Rhythm of Being	Power Yoga	Rhythm of Being	Power Yoga	Transcending Transition
8 PM - 9 PM	Uttama Sadhana (Inversions)	Universal Harmony	Chair Yoga	Uttama Sadhana (Advance Asana)	Power Yoga	Trataka & MSRT	Uttama Sadhana (Arm Balance)

\* Indicates Group Classes Open to all above age of 14

\* Late comers will not be allowed beyond 5<sup>th</sup> minute after the class start time

\* Rights of Admission Reserved



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