

GYAN HOT YOGA - SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM		Pranayama By Appointment	Pranayama By Appointment	Pranayama By Appointment			
9:30AM			Gyan Flow Gourav	Gyan Traditional Gourav		Gyan Core Flow Rishi	
10:30AM							Gyan Flow 75 min. Rishi
11:00AM						Gyan Traditional Gourav	
12:10PM	Gyan Flow 50 min Gourav	Gyan Traditional 50 min Gourav	Gyan Classical 50 min Rahul	Gyan Core Flow 50 min Rishi	Gyan Flow 50 min Gourav		
4:00PM						Gyan Traditional Rishi	Gyan Traditional Gourav
5:00PM	Gyan Flow Rishi	Gyan Mix Core Rishi	Gyan Core Flow Rishi	Gyan Flow Gourav	Gyan Traditional Gourav		
6:30PM	Gyan Traditional Gourav	Gyan Flow Gourav	Gyan Traditional Gourav	Gyan Core Flow Rishi	Gyan Core Rishi		
8:15PM	Gyan Traditional Rishi	Gyan Classical Rishi	Gyan Flow				