



Emirate	Date	Time	Club	Class
Abu Dhabi	Sunday, 21st April	7:00 PM	Bawabat Al-Sharq Mall - Ladies Only	Guided meditation inner stillness and wellbeing
Abu Dhabi	Monday, 22nd April	5:30 PM	Al Seef Mall	Yin Yoga Chakra
Abu Dhabi	Monday, 22nd April	6:30 PM	Al Seef Mall	Full Moon Yoga
Abu Dhabi	Monday, 22nd April	7:30 PM	Dalma Mall	Yang Yin Yoga - Ladies Only
Abu Dhabi	Monday, 22nd April	8:00 PM	Bawabat Al-Sharq Mall - Ladies Only	Yang Yin Yoga
Abu Dhabi	Tuesday, 23rd April	10:00 AM	Al Seef Mall	Yang Yin Yoga
Abu Dhabi	Tuesday, 23rd April	11:00 AM	Al Seef Mall	Restorative Swing
Abu Dhabi	Tuesday, 23rd April	4:30 PM	Marina Mall - Ladies Only	Yoga for better sleep - Ladies only
Abu Dhabi	Tuesday, 23rd April	5:30 PM	Marina Mall - Ladies Only	Mom and Kids Yoga Bonding
Abu Dhabi	Tuesday, 23rd April	6:30 PM	Al Seef Mall	Post Natal Yoga
Abu Dhabi	Wednesday, 24th April	11:00 AM	Dalma Mall	Gentle yoga - Ladies only
Abu Dhabi	Wednesday, 24th April	6:30 PM	Al Seef Mall	108 sun salutations
Abu Dhabi	Wednesday, 24th April	6:30 PM	Dalma Mall	Yang Yin Yoga - Mixed
Abu Dhabi	Wednesday, 24th April	8:00 AM	Bawabat Al-Sharq Mall - Ladies Only	Restorative Swing Yoga
Abu Dhabi	Wednesday, 24th April	9:00 AM	Bawabat Al-Sharq Mall - Ladies Only	Yin Yoga Chakra
Abu Dhabi	Thursday, 25th April	3:00 PM	Bawabat Al-Sharq Mall - Ladies Only (Abu Dhabi)	Yang Yin Yoga
Abu Dhabi	Thursday, 25th April	7:00 PM	Hili Mall, Al Ain	Hot Yoga Vinyasa
Abu Dhabi	Thursday, 25th April	4:00 PM	Bawabat Al-Sharq Mall - Ladies Only	Yin Yoga Spring
Abu Dhabi	Friday, 26th April	6:00 PM	Bawabat Al-Sharq Mall - Ladies Only	Guided meditation inner stillness and wellbeing
Abu Dhabi	Saturday, 27th April	11:00 AM	Marina Mall - Ladies Only	Young at heart - Yoga for senior
Abu Dhabi	Sunday, 28th April	7:00 PM	Bawabat Al-Sharq Mall - Ladies Only	Yang Yin Yoga
Dubai	Saturday, 20th April	10:30 AM	DAMAC Mall - Ladies Only	Vin to Yin Sound Healing
Dubai	Saturday, 20th April	11:30 AM	Arabian Ranches	Flow with intention & Pranayama
Dubai	Saturday, 20th April	12:30 PM	Arabian Ranches	Mudra & Chanting
Dubai	Saturday, 20th April	6:00 PM	DAMAC Mall - Ladies Only	Sunset Yoga Outdoor
Dubai	Saturday, 20th April	6:00 PM	Dubai Silicon Oasis	Acro Yoga
Dubai	Sunday, 21st April	6:00 PM	DAMAC Mall - Ladies Only	Yogalates
Dubai	Sunday, 21st April	12:00 PM	Marina Gate (Dubai)	Power Yoga & Sound Healing
Dubai	Sunday, 21st April	9:45 PM	Arabian Ranches	Swing Yoga
Dubai	Monday, 22nd April	7:30 AM	DAMAC Mall - Ladies Only	Energizing Flow and guided meditation
Dubai	Monday, 22nd April	9:30 AM	Al Barsha	Yoga Meditation - Ladies only
Dubai	Monday, 22nd April	10:30 AM	DAMAC Mall - Ladies Only	Yogalates
Dubai	Monday, 22nd April	11:00 AM	Arabian Ranches	Swing Yoga
Dubai	Monday, 22nd April	6:30 PM	Burluman Centre	Yin Yoga
Dubai	Monday, 22nd April	7:30 PM	Business Bay	Candlelight Yin & Healing Sounds
Dubai	Monday, 22nd April	7:30 PM	Festival City Mall	Hot Yoga and breathing
Dubai	Monday, 22nd April	7:30 PM	Business Bay (Dubai)	Candle yoga
Dubai	Monday, 22nd April	7:45 PM	Dubai International Financial Centre	Stick Mobility meet Yoga
Dubai	Monday, 22nd April	8:00 PM	Burluman Centre	Yogalates
Dubai	Monday, 22nd April	8:15 PM	Mudon	Power Yoga
Dubai	Monday, 22nd April	8:30 PM	Al Barsha	HATHA YOGA MIX
Dubai	Tuesday, 23rd April	9:30 AM	Arabian Ranches	Flow Yoga
Dubai	Tuesday, 23rd April	10:00 AM	Marina Gate	Hatha Yoga & Pranayama
Dubai	Tuesday, 23rd April	11:00 AM	MotorCity	Yoga For Men
Dubai	Tuesday, 23rd April	4:45 PM	Marina Gate	Swing Yoga
Dubai	Tuesday, 23rd April	6:00 PM	Burluman Centre	Ashtanga Yoga
Dubai	Tuesday, 23rd April	6:00 PM	Nakheel Mall - The Palm Jumeirah	Sunset Beach Yoga
Dubai	Tuesday, 23rd April	8:00 PM	Burluman Centre	Restorative Yoga
Dubai	Wednesday, 24th April	7:00 AM	Burluman Centre	Sound Infused Yin Yoga
Dubai	Wednesday, 24th April	8:30 AM	Arabian Ranches	Power Yoga
Dubai	Wednesday, 24th April	9:30 AM	Arabian Ranches	Gentle Yoga
Dubai	Wednesday, 24th April	9:30 AM	Mirdif City Centre	Sound Healing
Dubai	Wednesday, 24th April	10:30 AM	Burluman Centre	Breathing/Laughing Yoga
Dubai	Wednesday, 24th April	4:30 PM	Arabian Ranches	Junior Swing Yoga
Dubai	Wednesday, 24th April	5:15 PM	Festival City Mall	Partner Yoga
Dubai	Wednesday, 24th April	7:30 PM	Marina Gate	Hot Yoga
Dubai	Wednesday, 24th April	7:45 PM	Dubai International Financial Centre	Partner Yoga
Dubai	Wednesday, 24th April	8:15 PM	Mudon	Power Yoga
Dubai	Thursday, 25th April	8:30 AM	DAMAC Mall - Ladies Only	Pranayama & Sound Healing
Dubai	Thursday, 25th April	9:30 AM	Arabian Ranches	Hatha Yoga
Dubai	Thursday, 25th April	9:30 AM	Mirdif City Centre	Yin Yoga & Tibetan Bowls
Dubai	Thursday, 25th April	10:30 AM	Burluman Centre	Partner Acro Yoga
Dubai	Thursday, 25th April	10:30 AM	Mirdif City Centre	Chanting & Mudra
Dubai	Thursday, 25th April	6:00 PM	Dubai Silicon Oasis	Yang Yin Chakra
Dubai	Thursday, 25th April	6:00 PM	MotorCity	Yoga Nidra
Dubai	Thursday, 25th April	6:30 PM	Burluman Centre	Mandala Yoga
Dubai	Thursday, 25th April	6:30 PM	Mirdif City Centre	Yogalates
Dubai	Thursday, 25th April	6:30 PM	Marina Gate (Dubai)	Flow yoga With Breathworks & DTR
Dubai	Thursday, 25th April	7:45 PM	Burluman Centre	Breathing Yoga
Dubai	Friday, 26th April	10:00 AM	Marina Gate	Power Yoga & Sound Healing
Dubai	Friday, 26th April	4:00 PM	Dubai Silicon Oasis	Kids Yoga
Dubai	Friday, 26th April	6:30 PM	Burluman Centre	Partner Acro Yoga
Dubai	Friday, 26th April	7:00 PM	Arabian Ranches	Swing Yoga
Dubai	Friday, 26th April	7:00 PM	Mirdif City Centre	Yin Yoga & Myofascial release
Dubai	Friday, 26th April	7:45 PM	Burluman Centre	Yoga Sculpt
Dubai	Friday, 26th April	8:30 PM	Mirdif City Centre	Sound Healing
Dubai	Saturday, 27th April	8:30 AM	Burluman Centre	Restorative Yoga
Dubai	Saturday, 27th April	9:45 AM	Burluman Centre	Sun Salutation Yoga
Dubai	Saturday, 27th April	11:00 AM	Uptown Mirdiff Ladies	Sound Healing
Dubai	Saturday, 27th April	12:15 PM	MotorCity	Family Yoga
Dubai	Saturday, 27th April	4:00 PM	Festival City Mall	Swing Yoga for men
Dubai	Sunday, 28th April	8:15 AM	Burluman Centre	Sound Infused Yin Yoga
Dubai	Sunday, 28th April	9:30 AM	Burluman Centre	Flow And Pranayama Yoga
Dubai	Sunday, 28th April	4:00 PM	Arabian Ranches	Pranayama & Sound Healing
Dubai	Sunday, 28th April	4:00 PM	Uptown Mirdiff Ladies	Yoga and friends KIDS
Dubai	Sunday, 28th April	6:00 PM	Mudon	Pranayama & Sound Healing
Sharjah	Sunday, 21st April	8:30 AM	Sahara Centre	Sound Healing
Sharjah	Monday, 22nd April	11:30 AM	Sahara Centre	HIIT Yoga
Sharjah	Monday, 22nd April	6:30 PM	Sahara Centre	HIIT Yoga
Sharjah	Tuesday, 23rd April	10:30 AM	Sahara Centre	Partner yoga
Sharjah	Wednesday, 24th April	7:30 PM	Sahara Centre	Yoga For Men
Sharjah	Wednesday, 24th April	8:30 AM	Sahara Centre	Himalayan Kriya
Sharjah	Wednesday, 24th April	9:30 AM	Sahara Centre	Sound Healing
Sharjah	Friday, 26th April	4:30 PM	Sahara Centre	Chanting and mudras
Sharjah	Friday, 26th April	5:30 PM	Sahara Centre	Breath & Flow
Sharjah	Sunday, 28th April	3:30 PM	Sahara Centre	Yoga Nidra
Sharjah	Sunday, 28th April	4:30 PM	Sahara Centre	Sound Healing and flow