

*Yuj Yoga Center | Unite. Awaken. Evolve.*

**MONDAY**

**18.00-19.00**

*Dynamic Flow*

**19:30-20:30**

*Hatha Yoga*

**TUESDAY**

**10:30-11:30**

*Gentle Flow*

**19:00-20:00**

*Hatha Yoga*

**20:15-21:00**

*Yoga Nidra*

**WEDNESDAY**

**10:30-11:30**

*Hatha Yoga*

**19:00-20:00**

*Hatha Yoga*

**20:15-21:00**

*Breathwork/  
Meditation*

**THURSDAY**

**09:00-10:00**

*Dynamic Flow*

**10:30-11:30**

*Gentle Flow*

**18:00-19:00**

*Kids Yoga*

**19:30-20:30**

*Hatha Yoga*

**FRIDAY**

**10:30-11:30**

*Hatha Yoga*

**19:00-20:30**

*Yoga Journey*



**SEPTEMBER  
SCHEDULE**