

200-HOUR

YOGA TEACHERS TRAINING COURSE SCHEDULE



SEPTEMBER

THURS	FRI	SAT	SUN
	4 6:00pm-9:00pm 	5 5:00pm-9:30pm Physical Class	6 5:00pm-9:30pm Physical Class
10 8:00pm-9:30pm 	11 6:00pm-9:00pm 	12 5:00pm-9:30pm Physical Class	13 5:00pm-9:30pm Physical Class
17 8:00pm-9:30pm 	18 6:00pm-9:00pm 	19 5:00pm-9:30pm Physical Class	20 5:00pm-9:30pm Physical Class
24 8:00pm-9:30pm 	25 6:00pm-9:00pm 	26 5:00pm-9:30pm Physical Class	27 5:00pm-9:30pm Physical Class

OCTOBER

THURS	FRI	SAT	SUN
1 8:00pm-9:30pm 	2 6:00pm-9:00pm 	3 5:00pm-9:30pm Physical Class	4 5:00pm-9:30pm Physical Class
8 8:00pm-9:30pm 	9 6:00pm-9:00pm 	10 5:00pm-9:30pm Physical Class	11 5:00pm-9:30pm Physical Class
15 8:00pm-9:30pm 	16 6:00pm-9:00pm 	17 5:00pm-9:30pm Physical Class	18 5:00pm-9:30pm Physical Class
22 8:00pm-9:30pm 	23 6:00pm-9:00pm 	24 5:00pm-9:30pm Physical Class	25 5:00pm-9:30pm Physical Class

The virtual classes will be conducted via Zoom, and the Zoom link will be shared through our WhatsApp group.

200-HOUR

YOGA TEACHERS TRAINING COURSE SCHEDULE



NOVEMBER

THURS	FRI	SAT	SUN
5 8:00pm-9:30pm zoom	6 6:00pm-9:00pm zoom	7 Physical Class 5:00pm-9:30pm	8 Physical Class 5:00pm-9:30pm
12 8:00pm-9:30pm zoom	13 6:00pm-9:00pm zoom	14 Physical Class 5:00pm-9:30pm	15 Physical Class 5:00pm-9:30pm