



Athayog Group Class Schedule

August 2026 · Colour-coded by level

Morning Session

6:00 AM - 12:00 PM

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 AM	Transcending Transition	Rhythm of Being	Uttama Sadhana (Advance Asana)	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony	Yoga with Props	Hatha Vinyasa
7:00 - 8:00 AM	Rhythm of Being	Uttama Sadhana (Advance Asana)	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony	Yoga with Props	Hatha Vinyasa	Transcending Transition
8:00 - 9:00 AM	Uttama Sadhana (Advance Asana)	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony	Yoga with Props	Hatha Vinyasa	Transcending Transition	Rhythm of Being
9:30 - 10:30 AM	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony	Yoga with Props	Hatha Vinyasa	Transcending Transition	Rhythm of Being	Uttama Sadhana (Advance Asana)
10:30 AM - 12:00 PM	—	—	—	—	—	—	Aerial Yoga (Paid)

Evening Session

4:00 PM - 8:30 PM

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 5:00 PM	Universal Harmony	Yoga with Props	Hatha Vinyasa	Transcending Transition	Rhythm of Being	Uttama Sadhana (Advance Asana)	Uttama Sadhana (Inversions / Arm Balance)
5:00 - 6:00 PM	Yoga with Props	Hatha Vinyasa	Transcending Transition	Rhythm of Being	Uttama Sadhana (Advance Asana)	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony
6:00 - 7:00 PM	Hatha Vinyasa	Transcending Transition	Rhythm of Being	Uttama Sadhana (Advance Asana)	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony	Yoga with Props
7:30 - 8:30 PM	Transcending Transition	Rhythm of Being	Uttama Sadhana (Advance Asana)	Yoga with Props	Aerial Yoga (Paid)	Uttama Sadhana (Inversions / Arm Balance)	Universal Harmony

Legend

 Beginner friendly / Open to all  Intermediate  Advanced  Aerial Yoga (Paid)

- Every second Saturday of the month — 108 Surya Namaskar (7-9 AM)
- Aerial Yoga is a paid class (per session)
- Group classes are open to all above age 14
- Latecomers will not be allowed beyond the 5th minute after class start time
- Rights of admission reserved