

# Ramamani Iyengar Memorial Yoga Institute

## Classes on 1st Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45 - 6.45 AM Beginner's	5.45 - 6.45 AM Beginner's	6-7.30 AM Intermediate I	5.45 - 6.45 AM Beginner's	5.45-7.15 AM Intermediate II	6-6.45 AM Pranayama Level I	8-9 AM Children's class
7- 9 AM General class	7- 9 AM General class	7.45- 9.15 AM Intermediate II	7- 9 AM General class	7.30-9.00 AM Intermediate I	7- 9 AM General class	9-9.45 AM Children's class
-	-	9.30-11.30 AM Women's class	-	-	9.30-11.30 AM Women's class	-
4-5.45 PM Remedial class	-	-	-	4-5.45 PM Remedial class	-	-
6-7.30 PM Intermediate II	6-7.30 PM Intermediate I	6-7.45 PM Remedial class	6-7.30 PM Intermediate II	6-7.30 PM Pranayama Class Advanced	6-7 PM Beginner's	-
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## Classes on 2nd Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8.30 AM Intermediate I	7-8 AM Beginner's	7-8 AM Beginner's	7-8.30 AM Intermediate I	7-8 AM Beginner's	7-8.30 AM Intermediate I	-
8.40-9.40 AM Beginner's	8.10-9.40 AM Intermediate I	8.10-9.10 AM Beginner's	8.40-9.40 AM Beginner's	8.10-9.40 AM Intermediate 1	8.40-9.40 AM Beginner's	-
9.50-10.50 AM Senior citizen Beginner's	9.50-11.20 AM Intermediate I	9.45-10.45 AM Marathi Beginner's	9.50-10.50 AM Senior citizen Beginner's	9.50-10.50 AM Marathi Beginner's	9.50-11.20 AM Senior Citizens Intermediate	-
4.30-5.30 PM Women's Beginner's	4-5.30 pm Remedial class (minor ailments)	4.20-5.50 PM Women's Intermediate I	4.30-5.30 PM Women's Beginner's	4-5.30 PM Women's Intermediate I	-	-
6-7 PM Beginner's	6-7 PM Beginner's	6-7 PM Beginner's	-	6-7 PM Beginner's	5-6 PM Beginner's	-
7.10-8.40 PM Intermediate I	7.10-8.10 PM Beginner's	7.10-7.55 PM Pranayama Level II	-	7.10-8.10 PM Beginner's	-	-