



Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 8:00 AM			Tai Chi			
7:45 AM - 8:45 AM		Balance to Beats		Balance to Beats		
8:30 AM - 9:30 AM	Stithi		Stithi		Stithi	
10:30 AM - 11:30 AM	Iyengar Yoga		Iyengar Yoga			Tai Chi
11:30 AM - 12:30 AM		Vertigo Workout			Vertigo Workout	
Evening						
6:00 PM - 7:00 PM	Yoga for Kids		Yoga for Kids			

NOTES:

www.theseventhsense.in
info@theseventhsense.in

Phone: +91 98197 22236

Seventh Sense Movement Centre
Zumasaa Studios,
1st Flor, Advani Chambers,
August Kranti Marg
Kemps Corner, Grant Rd.,
Mumbai 400036