



Active Living *Aartie Shivlani*
Ante-Natal-Care: *Sonali Shivlani*
Nerva Yoga : *Sonal Ahuja*
Kids Yoga: *Mini/Jasmeet*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 - 10.00am		Active Living		Active Living		Active Living (8.45 - 9.45)
10.00 - 11.15am	Nerva Yoga				Nerva Yoga	Antenatal Information program (10 -12.30)
10.30 - 11.30am						
11.30 - 12.30pm	Active Living		Active Living		Active Living	Antenatal Exercise (12.30 - 1.30)
12.30 - 01.30pm						
5.00 - 6.00pm		Kids Yoga	Kids Yoga			
6:00 - 7 :00 pm		Kids Yoga				
7:00 - 8:00pm	Active Living		Active Living		Active Living	
7:30 - 8:30pm		Active Living		Active Living		

Email: clay@clayindia.com
 Visit at : www.clayindia.com

Tel No. : 65812444 / 9820719449
 65812555