



KEMARA

HOLISTIC FITNESS

• Yoga • Pilates • Eccentrics •

The Mind Body Connection,
Where Strength Meets Serenity

YOGA CLASS SCHEDULE

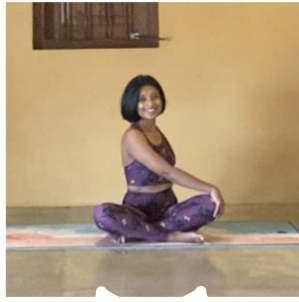
MON	10:00 – 11:00 AM	Indi - Yoga for Ladies
	3:00 – 4:00 PM	Shey - Yoga (Private) (Pre-booking Required)
	4:30 – 5:30 PM	Indi - Yoga
	6:30 – 7:40 PM	Christina Dodanwella - Yin Yoga
TUE	8:00 – 9:00 AM	Shey - Vinyasa (Pre-booking Required)
	9:15 – 10:00 AM	Shey - Yogalates (Yoga + Pilates)(Pre-booking Required)
	4:45 – 5:45 PM	Dinushini – Hatha Yoga
WED	7:00 – 8:00 AM	Shey - Power Yoga (Pre-booking Required)
	8:30 – 9:30 AM	Shey - Ashtanga (Pre-booking Required)
	10:15 – 11:45 AM	Shey - Yoga (Pre-booking Required)
	4:00 – 5:00 PM	Shey - Yoga (Pre-booking Required)
	5:00 – 6:00 PM	Dr. Darshini Jayasekera - Yoga
	6:30 – 7:30 PM	Manu - Wellness Yoga
THU	7:00 – 8:00 AM	Shey - Power Yoga (Pre-booking Required)
	8:00 – 9:00 AM	Shey - Vinyasa (Pre-booking Required)
	10:00 – 11:00 AM	Indi - Yoga for Ladies
	6:00 – 7:15 PM	Dinushini – Hatha Yoga
FRI	7:30 – 8:30 AM	Shey - Hatha Yoga (Pre-booking Required)
	8:30 – 9:30 AM	Shey - Yoga for Women (Pre-booking Required)

FRI	10:00 – 11:00 AM	Nileshi - Essentrics
	4:00 – 5:00 PM	Shey - Yoga (Private) (Pre-booking Required)
	5:30 – 6:45 PM	Shey - Yin Restorative (Pre-booking Required)
SAT	8:15 – 11:00 AM	Shey - Ashtanga (Pre-booking Required)
	4:00 – 5:00 PM	Shey - Yin Restorative (Pre-booking Required)
SUN	10:00 – 11:00 AM	Shey - Vinyasa (All Levels) (Pre-booking Required)
	4:00 – 5:00 PM	Manu - Kids Yoga
	5:00 – 6:00 AM	Manu - Wellness Yoga

Instructor	Drop-in Class	Bundle (5 Classes)	Individual (Private)
Shey	LKR 3,000	LKR 12,500	LKR 8,000
Indi	LKR 2,500	LKR 10,000	-
Nileshi	LKR 3,250	-	LKR 4,550
Dr. Darshini	LKR 2,500	-	-
Christina	LKR 3,500	-	-
Dinushini	LKR 3,000	-	-
Manu	LKR 3,000	LKR 12,500	LKR 6,500

Note: All of Shey's classes are pre-booking sessions.
Please reserve your spot in advance.

GET IN TOUCH
FOR FURTHER DETAILS
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