

Sundays

- 8am-9am - Yin Yang Flow - NIYA YOGA, Gate Mall
- 10.15-11.15am - Buti Yoga - NIYA YOGA, Gate Mall
- 6-7pm - Buti Yoga - MUSIC & ARTS ATELIER (behind the ministry of interior)

Tuesdays

- 5.30pm -6.30pm - Buti Yoga - MUSIC & ARTS ATELIER (behind the ministry of interior)

Wednesdays

- 6.30-7.30pm – Mash it Up Dance MUSIC & ARTS ATELIER (behind the ministry of interior)
- 7.45-8.45pm - Yin Yang Flow with Sound Healing MUSIC & ARTS ATELIER (behind the ministry of interior)

Thursdays

- 4pm-5pm - Buti Yoga - NIYA YOGA, Gate Mall

Fridays

- 9am-10am - Buti Yoga - NIYA YOGA, Gate Mall

**ALL MUSIC & ARTS ATELIER CLASSES CAN BE BOOKED
BY CALLING 3300 3839 OR
EMAIL registration@atelierqatar.com**

**ALL NIYA YOGA & OXFITNESS LAB CLASSES CAN BE
BOOKED THROUGH THE OX FITNESS APP OR
CALL 4020 6430**