

SCHEDULE



Adult Classes



Kids Classes

Questions?



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Whatsapp

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MESSAGE ONLY

MONDAY

- 9:00 - 10:00 AM POWER Yoga with Tram
- 4:30 - 5:30 PM Gymnastics with Julie H. / 4-6 Years old
- 5:45 - 6:45 PM Gymnastics with Julie H. / 7-10 Years old

TUESDAY

- 5:45 - 6:45 AM Meditation and Mindful Movement with Julie H.
- 4:30 - 5:15 PM ABC yoga for little ones
- 6:00 - 7:00 PM Pilates Barré with Daniela

WEDNESDAY

- 4:00 - 5:00 PM Middle Kids Yoga / 6-9 Years old with Alison L.
- 5:30 - 6:30 PM Vinyasa Flow with Haylie C.

THURSDAY

- 8:45 - 9:45 AM Mom & Little Baby Yoga with Alison L.
(Preregistration required)
- 4:30 - 5:30 PM Kids Yoga / 3+ Years old with Alison L.
- 5:45 - 7:00 PM 12 Week Workshop: Teen Yoga & Mindfulness with Alison L.

FRIDAY

- 6:00 - 7:00 PM Moon Series with Tram

SATURDAY

- 9:00 - 10:00 AM Vinyasa Flow with Haylie C.
- 10:30 - 11:30 AM Big Voices - Mindful Singing Club with Carol W.

SUNDAY

- 4:30 - 5:30 PM Family Tai Chi (8 weeks) with Julie H. (Preregistration required)
- 5:45 - 6:45 PM Family Yoga with Julie H. (Drop In Class)

Private lesson available upon request

Please visit our website for pricing information www.yogajoyhanoi.com

YOGA FOR FAMILIES

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YogaJoySaigon.com

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/YogaJoySaigon

RATES



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Mom and Baby Yoga Kids Yoga Gymnastics Dance		
6 lessons VND 1.8 mil (valid for 10 weeks)	10 lessons VND 2.7 mil (valid for 15 weeks)	16 lessons VND 3.7 mil (valid for 24 weeks) (Best value)
Teen Yoga	VND 3.000.000 (12 week program)	
Adult Classes	* DROP IN - VND 250.000/CLASS OR VND 1.900.000/10 CLASS PASS Discounts for Teachers and Students VND 1.750.000/10 CLASS PASS	
Family Yoga	* DROP IN VND 100,000/adult VND 50,000/child	
Big Voices (A Mindful Singing Club)*	4 Weeks - VND 600k	
Family Tai Chi	8 Weeks Family of 2 - VND1.9mil Family of 3 - VND2.3mil Family of 4 - VND2.9mil More than 4 members? Please message us.	
<i>Private lesson available upon request. Please contact us for more information.</i>		
* Discounts are not applicable to drop in classes and Big Voices Program ** Specialty classes- promotion may not be applied		

