



Therapeutic Yoga Studio in Delhi

## Weekly Class Schedule

| Batch              | Mon             | Tue             | Wed            | Thu             | Fri             | Sat                 | Sun                 |
|--------------------|-----------------|-----------------|----------------|-----------------|-----------------|---------------------|---------------------|
| Morning Batch 1*   | 7:15 - 8:15 AM  | -               | 7:15 - 8:15 AM | 7:15 - 8:15 AM  | -               | -                   | -                   |
| Morning Batch 2    | -               | 8:00 - 9:00 AM  | -              | 8:15 - 9:15 AM  | 8:00 - 9:00 AM  | -                   | -                   |
| Morning Batch 3*   | 9:00 - 10:00 AM | 9:00 - 10:00 AM | -              | -               | 9:00 - 10:00 AM | -                   | -                   |
| Afternoon Batch*   | -               | 12:00 - 1:00 PM | -              | 12:00 - 1:00 PM | -               | 12:00 - 1:00 PM     | -                   |
| Evening Batch*     | 6:00 - 7:00 PM  | 6:00 - 7:00 PM  | -              | 6:00 - 7:00 PM  | -               | -                   | -                   |
| Kids Yoga          | -               | -               | -              | -               | -               | 11:00 AM - 12:00 PM | 11:00 AM - 12:00 PM |
| Weekend Meditation | -               | -               | -              | -               | -               | -                   | 12:30 - 1:30 PM     |

\* Available both online and in-studio

## Special Programs

**Kids Yoga:** Saturday & Sunday, 11:00 AM - 12:00 PM

**Weekend Meditation:** 14 Dec & 28 Dec, 12:30 - 1:30 PM

## Contact Information

**Address:** Fourth Floor, SE 30, Above Mac, Opposite BT Block  
West Shalimar Bagh, Delhi 110088

**Phone:** +91 99108 26170, +91 98113 34069

**Email:** [Yogchumbak6@gmail.com](mailto:Yogchumbak6@gmail.com)

**Website:** <https://yogchumbak.com>



Scan to visit website