



29 OCT - 27 NOV 2022

DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

# LIPTON TONE

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description	Provider
19 Nov 2022	7:00 AM	7:30 AM	30	SATURDAY	LIPTONE TONE	YOGA	MORNING HATHA YOGA	Hatha yoga is a branch of yoga which uses physical techniques to preserve and channel the vital force or energy.	CHANDA
19 Nov 2022	7:30 AM	8:30 AM	60	SATURDAY	LIPTONE TONE	YOGA AND MEDITATION	YOGA AND MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	THE ART OF LIVING
19 Nov 2022	8:30 AM	9:30 AM	60	SATURDAY	LIPTONE TONE	YOGA	MORNING YOGA FLOW	Morning Flow Yoga is comparable to Moderate Flow Yoga honoring individuals' energetic levels earlier in the morning. This class allows you to arrive and enjoy quiet stillness, warm up and energize the body, and leave class ready to enter the rest of your day with vitality and equanimity.	ZARINA BANU BY MAYA BLU
19 Nov 2022	9:30 AM	10:30 AM	60	SATURDAY	LIPTONE TONE	YOGA AND MEDITATION	YOGA AND MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	
19 Nov 2022	10:30 AM	11:30 AM	60	SATURDAY	LIPTONE TONE	YOGA	VINYASA FLOW YOGA	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	TANIA PETRONILLI BY MAYA BLU
19 Nov 2022	11:30 AM	12:30 PM	60	SATURDAY	LIPTONE TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA KAPICIAKOVA
19 Nov 2022	12:30 PM	1:30 PM	60	SATURDAY	LIPTONE TONE	AERIAL YOGA	AERIAL FITNESS	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	CHRYSTIE GABOT BY MAYA BLU
19 Nov 2022	1:30 PM	2:30 PM	60	SATURDAY	LIPTONE TONE	AERIAL YOGA	AERIAL YOGA & RELAXATION	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	MIRELLA CICCOTOSTO
19 Nov 2022	2:30 PM	3:30 PM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	VERONICA VALYARENKI / ANA LESCANO / CUCU CHIU BY MAYA BLU
19 Nov 2022	3:30 PM	4:30 PM	60	SATURDAY	LIPTONE TONE	YOGA	GENTLE VINYASA	Gentle Vinyasa Yoga is a simple sequence of poses that anyone can practice at any age or fitness level. It combines the energizing effects of Hatha Yoga with the relaxation benefits of Vinyasa Yoga. It is a great way to start your day and unwind at the end of the day.	ANTONIA MURPHY
19 Nov 2022	4:30 PM	5:30 PM	60	SATURDAY	LIPTON TONE	YOGA	GENTLE FLOW	Gentle flow or gentle yoga is a softer approach to Dynamic yoga.	VERONICA VALYARENKI / ANA LESCANO / CUCU CHIU BY MAYA BLU
19 Nov 2022	6:00 PM	7:00 PM	60	SATURDAY	LIPTONE TONE	YOGA/PILATES	YOGALATES	Yogalates is a mixture of Pilates and yoga. You will get a workout that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness	DHVANI BY YOGA ASHRAM
19 Nov 2022	7:00 PM	8:00 PM	60	SATURDAY	LIPTON TONE	CARDIO	POUND UNPLUGGED	Pound is a full-body cardio-jam session inspired by the energising and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.	ANJANA KUMAR
19 Nov 2022	8:00 PM	9:00 PM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA YOGA AND SOUND HEALING	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	ANA RADOJKOVIC / FLAVIA DE SIMONE BY MAYA BLU
19 Nov 2022	9:00 PM	9:30 PM	30	SATURDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	LAVANYA
19 Nov 2022	9:30 PM	10:30 PM	60	SATURDAY	LIPTON TONE	YOGA	SOULFUSION HATHA VINYASA	The most phenomenally moving yoga session I have ever experienced. Amira is amazing and I cannot recommend her enough for pace, music, positive affirmation cards, and healing yoga practice	AMIRA BY TRIDENT WELLNESS CENTER
20 Nov 2022	7:00 AM	7:30 AM	30	SUNDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	KARAN
20 Nov 2022	7:30 AM	8:30 AM	60	SUNDAY	LIPTON TONE	CARDIO	POUND UNPLUGGED	Pound is a full-body cardio-jam session inspired by the energising and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.	ANJANA KUMAR
20 Nov 2022	8:30 AM	9:30 AM	60	SUNDAY	LIPTON TONE	AERIAL YOGA	AERIAL YOGA	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	MIRELLA CICCOTOSTO BY MAY ABLU
20 Nov 2022	9:30 AM	10:30 AM	60	SUNDAY	LIPTON TONE	YOGA	STRONG FLOW	This class integrates strength, flexibility, concentration, and contemplation through a series of traditional postures linked together through breath and movement.	EMMA PETTIFAR
20 Nov 2022	10:30 AM	11:30 AM	60	SUNDAY	LIPTON TONE	YOGA	VINYASA YOGA FLOW	Vinyasa is an approach to yoga in which you move from one pose directly into the next following the breath.	MIRELLA CICCOTOSTO BY MAYA BLU



20 Nov 2022	11:30 AM	12:30 PM	60	SUNDAY	LIPTON TONE	YOGA	THERAPEUTIC YOGA HAPPY SPINE & MIND	Yoga For The Spine invites you to explore and connect to muscles of the body so that you can awaken the energy of the spine. Improve posture, relieve stress and tension. Breathe deep. Happy exploring! Let me know how it goes	OZGUL TANRIOVER
20 Nov 2022	12:30 PM	1:30 PM	60	SUNDAY	LIPTON TONE	YOGA	VINYASA FLOW AND SOUND HEALING	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	TANIA PETRONILLI BY MAYA BLU
20 Nov 2022	1:30 PM	2:30 PM	60	SUNDAY	LIPTON TONE	YOGA	POWER YOGA	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	SABRINA BY MAYA BLU
20 Nov 2022	2:30 PM	3:30 PM	60	SUNDAY	LIPTON TONE	YOGA	RESTORATIVE YOGA	Restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters.	SABRINA CODINO BY MAYA BLU
20 Nov 2022	3:30 PM	4:30 PM	60	SUNDAY	LIPTON TONE	STRETCH	STRETCH & SOUND HEALING	Stretch with Sound Healing welcome you to quiet your mind, be still and allow your physical, mental/emotional, and energetic bodies to reset and rejuvenate.	CHANCHAI GURIA BY MEOW YOGA
20 Nov 2022	4:30 PM	5:30 PM	60	SUNDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	KHERLEN LKHAGVADORJ BY MAYA BLU
20 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA
20 Nov 2022	7:00 PM	8:00 PM	60	SUNDAY	LIPTON TONE	YOGA/MEDITATION	INNER PEACE & INLIGHTMENT	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on relaxation and mindfulness	JADE DAVIDIAN
20 Nov 2022	8:00 PM	9:00 PM	60	SUNDAY	LIPTON TONE	MEDITATION	PRANAYAMA AND MEDITATION CLASS	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on relaxation and mindfulness	JANECKE RIJS BY MAYA BLU
20 Nov 2022	9:30 PM	10:30 PM	60	SUNDAY	LIPTON TONE	YOGA AND MEDITATION	YIN YOGA & GUIDED MEDITATION	Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time than in other styles	PURVA
21 Nov 2022	3:30 PM	4:30 PM	60	MONDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	NAUSHINA
21 Nov 2022	4:30 PM	5:30 PM	60	MONDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA KAPICIAKOVA
21 Nov 2022	6:00 PM	7:00 PM	60	MONDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	SOULMATE YOGA
21 Nov 2022	7:00 PM	8:00 PM	60	MONDAY	LIPTON TONE	PILATES	PILATES	Core and spine conditioning to help improve postural alignment and flexibility.	
21 Nov 2022	8:00 PM	8:30 PM	30	MONDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	FLORIE
21 Nov 2022	8:30 PM	9:30 PM	60	MONDAY	LIPTON TONE	MEDITATION	SOUND HEALING MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	MEETU
21 Nov 2022	9:30 PM	10:30 PM	60	MONDAY	LIPTON TONE	YOGA AND MEDITATION	YOGA AND MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	
22 Nov 2022	3:30 PM	4:30 PM	60	TUESDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA KAPICIAKOVA
22 Nov 2022	4:30 PM	5:30 PM	60	TUESDAY	LIPTON TONE	YOGA	HATHA FLOW	Hatha flow is usually choreographed to music with a repetitive beat to help the practitioner focus on creating the flowing movements.	IVANA MARKOVSKA
22 Nov 2022	6:00 PM	7:00 PM	60	TUESDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	LOTHO
22 Nov 2022	7:30 PM	8:30 PM	60	TUESDAY	LIPTON TONE	MEDITATION	STRETCH & SOUND HEALING	Be mindful and focused! train your attention and awareness, through breathworks!	CHANCHAI GURIA BY MEOW YOGA
22 Nov 2022	8:30 PM	9:30 PM	60	TUESDAY	LIPTON TONE	MEDITATION	SOUND HEALING MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	MANISHA BY SOULVASANA
22 Nov 2022	9:30 PM	10:30 PM	60	TUESDAY	LIPTON TONE	AERIAL FITNESS	INTRODUCTION TO AERIAL ARTS	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	RANWA/PREETI BY TRIX
23 Nov 2022	3:00 PM	4:00 PM	60	WEDNESDAY	LIPTON TONE	YOGA	HATHA YOGA AND MEDITATION	Haṭha yoga is a branch of yoga which uses physical techniques to preserve and channel the vital force or energy.	RANJAN KUMAR
23 Nov 2022	3:30 PM	4:00 PM	30	WEDNESDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	KARAN
23 Nov 2022	4:00 PM	4:30 PM	30	WEDNESDAY	LIPTON TONE	PILATES	POWER PILATES	Core and spine conditioning to help improve postural alignment and flexibility.	CRISTINA



23 Nov 2022	4:30 PM	5:30 PM	60	WEDNESDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA KAPICIAKOVA
23 Nov 2022	6:00 PM	7:00 PM	60	WEDNESDAY	LIPTON TONE	YOGA	SUNSET YOGA THERAPY	Sunset yoga is designed to acclimate your body and soul to the setting sun. You will practice breathing techniques and postures suited to your individual needs and meditation.	OZGUL TANRIOVER
23 Nov 2022	7:00 PM	8:00 PM	60	WEDNESDAY	LIPTON TONE	CARDIO	POUND UNPLUGGED	Pound is a full-body cardio-jam session inspired by the energising and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.	
23 Nov 2022	8:00 PM	9:00 PM	60	WEDNESDAY	LIPTON TONE	MEDITATION	CHAKRA BALANCING MEDITATION	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on relaxation and mindfulness	SHIVANI JAIN
23 Nov 2022	9:30 PM	10:30 PM	60	WEDNESDAY	LIPTON TONE	YOGA AND MEDITATION	YOGA AND MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	GOKUL
24 Nov 2022	3:30 PM	4:30 PM	60	THURSDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA KAPICIAKOVA
24 Nov 2022	4:30 PM	5:30 PM	60	THURSDAY	LIPTON TONE	MEDITATION	SOULFUL FLOW	Soothing meditation session to center your mind and body	CHANDINI GURIA BY MEOW YOGA
24 Nov 2022	6:00 PM	7:00 PM	60	THURSDAY	LIPTON TONE	YOGA/MEDITATION	INNER PEACE & INLIGHTMENT	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on relaxation and mindfulness	JAKE DAVIDIAN
24 Nov 2022	7:00 PM	8:00 PM	60	THURSDAY	LIPTON TONE	YOGA	HATHA YOGA	Hatha yoga is a branch of yoga which uses physical techniques to preserve and channel the vital force or energy.	SOULMATE YOGA
24 Nov 2022	8:00 PM	9:00 PM	60	THURSDAY	LIPTON TONE	MEDITATION	YIN & SOUND HEALING	Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time than in other styles	
24 Nov 2022	9:00 PM	9:30 PM	30	THURSDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	NAUSHINA
24 Nov 2022	9:30 PM	10:30 PM	60	THURSDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	AKSANA BY TRIDENT WELLNESS CENTER
25 Nov 2022	3:30 PM	4:30 PM	60	FRIDAY	LIPTON TONE	YOGA/MEDITATION	INNER PEACE & INLIGHTMENT	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on relaxation and mindfulness	JAKE DAVIDIAN
25 Nov 2022	4:30 PM	5:30 PM	60	FRIDAY	LIPTON TONE	YOGA	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.	PETRA KAPICIAKOVA
25 Nov 2022	6:00 PM	7:00 PM	60	FRIDAY	LIPTON TONE	YOGA	FLEXIBILITY FLOW	The movements in this class are designed to leave you feeling open, your muscles feeling limber and your practice filled with grace.	SOULMATE YOGA
25 Nov 2022	7:30 PM	8:30 PM	60	FRIDAY	LIPTON TONE	MEDITATION	CHAKRA BALANCING MEDITATION	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on relaxation and mindfulness	SHIVANI JAIN
25 Nov 2022	8:30 PM	9:30 PM	60	FRIDAY	LIPTON TONE	YOGA	YIN YOGA	Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time than in other styles	SOULMATE YOGA
25 Nov 2022	9:30 PM	10:30 PM	60	FRIDAY	LIPTON TONE	YOGA AND MEDITATION	YOGA AND MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	GOKUL
26 Nov 2022	7:00 AM	7:30 AM	60	SATURDAY	LIPTON TONE	YOGA	MORNING HATHA YOGA	An energizing morning yoga practice can work as a natural stimulant to set you up for a productive day.	
26 Nov 2022	7:30 AM	8:30 AM	60	SATURDAY	LIPTON TONE	MEDITATION	MEDITATION	Meditation class offers time for relaxation and heightened awareness in a stressful world where our senses are often dulled.	GULNEET
26 Nov 2022	8:30 AM	9:30 AM	60	SATURDAY	LIPTON TONE	AERIAL FITNESS	AERIAL YOGA	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	MIRELLA CICCOTOSTO BY MAYA BLU
26 Nov 2022	9:30 AM	10:30 AM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	SHASHANK BY YOGA ASHRAM
26 Nov 2022	10:30 AM	11:30 AM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA YOGA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	MIRELLA CICCOTOSTO BY MAYA BLU
26 Nov 2022	11:30 AM	12:30 PM	60	SATURDAY	LIPTON TONE	YOGA	YOGA	Be mindful and focused! train your attention and awareness, through breathworks!	PETRA KAPICIAKOVA
26 Nov 2022	12:30 PM	1:30 PM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA YOGA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	MIRELLA CICCOTOSTO BY MAYA BLU
26 Nov 2022	1:30 PM	2:30 PM	60	SATURDAY	LIPTON TONE	AERIAL YOGA	AERIAL FITNESS	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	CHRYSTIE GABOT BY MAYA BLU
26 Nov 2022	2:30 PM	3:30 PM	60	SATURDAY	LIPTON TONE	YOGA	HATHA YOGA FLEXIBILITY	This hatha class utilizes longer holds to give you time and space to recruit the correct muscles, find a calm steady breath, and enter a meditative state within each pose.	VERONIKA VALYARENKO / ANA LESCANO / CUCU CHIU BY MAYA BLU



26 Nov 2022	3:30 PM	4:30 PM	60	SATURDAY	LIPTON TONE	YOGA	GENTLE VINSAYA	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	ANTONIA MURPHY
26 Nov 2022	4:30 PM	5:30 PM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	VERONIKA VALYARENKO / ANA LESCANO / CUCU CHIU BY MAYA BLU
26 Nov 2022	5:30 PM	6:30 PM	60	SATURDAY	LIPTON TONE	YOGA	YOGA	Be mindful and focused! train your attention and awareness, through breathworks!	PETRA KAPICIAKOVA
26 Nov 2022	6:30 PM	7:30 PM	60	SATURDAY	LIPTON TONE	YOGA	SOUL FLOW YOGA	Soothing meditation session to center your mind and body	SOULMATE YOGA
26 Nov 2022	7:30 PM	8:30 PM	60	SATURDAY	LIPTON TONE	YOGA	WARRIOR FLOW	The practice of mini yoga flow sequence like Virabhadrasana Vinyasa (Warrior Pose Flow) benefits those who are new to yoga and want to learn at a slow pace, or for those who want to work on improving certain aspects of the body slowly and smoothly.	ALLAOUA GAHAM
26 Nov 2022	8:30 PM	9:30 PM	60	SATURDAY	LIPTON TONE	YOGA	VINYASA YOGA AND SOUND HEALING	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	ANA RADOJKOVIC FLAVIA DE SIMONE BY MAYA BLU
26 Nov 2022	9:30 PM	10:30 PM	60	SATURDAY	LIPTON TONE	YOGA	POWER YOGA	Yoga session is a full mind and body practice that combine physical postures, breathing techniques, and meditation or relaxation.	PINIR SUNGUR BY TRIDENT WELLNESS CENTER
27 Nov 2022	7:00 AM	7:30 AM	30	SUNDAY	LIPTON TONE	YOGA	YOGA	Be mindful and focused! train your attention and awareness, through breathworks!	KARAN
27 Nov 2022	7:30 AM	8:30 AM	60	SUNDAY	LIPTON TONE	POUND UNPLUGGED	POUND UNPLUGGED	Pound is a full-body cardio-jam session inspired by the energising and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.	ANJANA KUMAR
27 Nov 2022	8:30 AM	9:30 AM	60	SUNDAY	LIPTON TONE	YOGA	MORNING YOGA FLOW	Be mindful and focused! train your attention and awareness, through breathworks!	ZILEENA DOCTOR BY MAYA BLU
27 Nov 2022	9:30 AM	10:30 AM	60	SUNDAY	LIPTON TONE	MEDITATION	INNER PEACE & INLIGHTMENT	Calming asanas and breathworks that challenges your strength and flexibility , while focusing on realxation and mindfulness	JADE DAVIDIAN
27 Nov 2022	10:30 AM	11:30 AM	60	SUNDAY	LIPTON TONE	YOGA	VINYASA FLOW AND SOUND HEALING	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	TANIA PETRONILI BY MAYA BLU
27 Nov 2022	11:30 AM	12:30 PM	60	SUNDAY	LIPTON TONE	YOGA	THERAPEUTIC YOGA HAPPY SPINE & MIND	Therapeutic Yoga offers the perfect opportunity for you to stop and listen to your body.	OZGUL TANRIOVER
27 Nov 2022	12:30 PM	1:30 PM	60	SUNDAY	LIPTON TONE	AERIAL YOGA	AERIAL FITNESS	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	MIRELLA CICCOTOSTO BY MAYA BLU
27 Nov 2022	1:30 PM	2:30 PM	60	SUNDAY	LIPTON TONE	YOGA	AERIAL YOGA AND RELAXATION	Yoga Practice that combines traditional yoga postures and acrobatic exercises with the use of a silk hammock to help and support this the poses	MIRELLA CICCOTOSTO BY MAYA BLU
27 Nov 2022	2:30 PM	3:30 PM	60	SUNDAY	LIPTON TONE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	MIRELLA CICCOTOSTO BY MAYA BLU
27 Nov 2022	3:30 PM	4:30 PM	60	SUNDAY	LIPTON TONE	YOGA	HATHA YOGA AND MEDITATION	This hatha class utilizes longer holds to give you time and space to recruit the correct muscles, find a calm steady breath, and enter a meditative state within each pose.	RANJAN
27 Nov 2022	4:30 PM	5:30 PM	60	SUNDAY	LIPTON TONE	YOGA	FLEXIBILITY AND YOGA NIDRA	Yoga practice can increase flexibility over time, from the range of motion of joints to functional length in muscles.	MIRELLA CICCOTOSTO BY MAYA BLU
27 Nov 2022	6:00 PM	7:00 PM	60	SUNDAY	LIPTON TONE	YOGA	DEEP STRETCH RELEASE	Deep Stretch & Release is a yin based practice that allows the active yogi to find balance in the body and mind	PAUS DXB
27 Nov 2022	7:00 PM	8:00 PM	60	SUNDAY	LIPTON TONE	YOGA	YOGA	Be mindful and focused! train your attention and awareness, through breathworks!	PETRA KAPICIAKOVA
27 Nov 2022	8:00 PM	9:00 PM	60	SUNDAY	LIPTON TONE	YOGA & MEDITATION	VINYASA FLOW AND MEDITATION	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	JANECKE RIJS / ANA LESCANO / FLAVIA DE SIMONE / CUCU CHIU BY MAYA BLU
27 Nov 2022	9:00 PM	10:00 PM	60	SUNDAY	LIPTON TONE	YOGA	SWING YOGA	Swing Yoga poses are a combination of yoga asanas, gymnastics, Pilates, and trapeze acrobatics, which make you feel that you are flying.	MAMATHA
27 Nov 2022	10:00 PM	11:00 PM	60	SUNDAY	LIPTON TONE	YOGA	YIN YOGA	An hour of gentle and relaxing Yin Yoga class for deep relaxation	SOULMATE YOGA

