



HEALTH IS HAPPINESS

JOIN FREE YOGA CLASS

Deira - Dubai

Dr. Kanak Madrecha	5.30 AM	050-658-3159
Mr. Philip	5.30 AM	050-624-5256
Mr. Abdul Rahman	5.30 AM	050-453-9101

Zabeel Park—Dubai

Mr. Manoj	5.30 AM	050-658-0996
Mrs. Sunita	5.30 AM	050-715-8127
Mrs. Sandhya	5.30 AM	050-763-6624
Mrs. D-Silva	7.30 AM	050-653-5946

Gardens - Dubai

Mr. Suresh	5.30 AM	050-770-5338
Mr. Bala	5.30 AM	050-488-3554
Mr. Anant	5.30 AM	050-585-4784
Mr Suresh	5:30 AM	050 770 5338

Behind IBN Batuta

Mr. Gordon	5.30 AM	050 675 4064
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International City—Dubai

Mr. Chandran	5.30AM	050-758-9566
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Itihad Part - Sharjah

Mr. Arvind	5.00 AM	050-7562998
Mr. Rajan	5.00 AM	050-4823872
Mr. Nandan	5.00 am	050-551 7034

Ministry of Finance Bldg—Abu Dhabi

Mr. Sahadevan	5.00 AM	050-7562998
Mr Shankar	5.00 AM	050 542 5669
Mr. Hari	5.00 AM	050 790 0228

Buheira Cornich - Sharjah

Mr. Suman Suneja	5:30 AM	050-6441026
Mr . Vidya Sagar	5.30 AM	050 625 6177
Mr. Ravi	5.30 AM	050 7165356

Creek - Bur Dubai

Capt. John Behanan	7.30 PM	050-708-6585
Mr. Shekar Moily	7:30 PM	050-734-1091
Mr. Jayachandran	7.30 PM	050-495-6265

Deira - Dubai

Mrs. Elahe	7.30 PM	050-658-0996
Mrs. Sunita	7.30 PM	50-715-8127
Mr. Jalil	7.30 PM	50-763-6624

Zabeel - Bur Dubai

Mr. D'Silva	7:30 PM	050-653-5946
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Rashidiya - Dubai

Mr. Sasi	7:30 PM	050-778-0836
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Buheira – Corniche SHJ

Mr. Augustine Joseph	7:30 PM	050-738-3906
Mr. Bhagavan Babur	7:30 PM	050-481-1783
Mr. Anthony D'Souza	7:30.PM	050-797-7169

Al Nahda - Dubai

Mr. Lalith Balla	7:30 PM	050-382-1433
Mr. Abdul Rahman	7:30 PM	050-453-9101
Mrs. Insiya Munaf	7:30 PM	050-579-3490