

HOURGLASS YOGA



About This Class

Hourglass Yoga is a fitness-based vinyasa practice, it helps build, define and increase the function of muscles. You will have a stronger core and muscles that are more effective at burning calories to aid weight loss.

The 4 weeks program is designed for the curvy girl looking to get in shape. This heating practice will teach you to train your body, and train your mind to love your body. If you are looking to increase your metabolism, strength, and flexibility as well as reduce stress hormones that make it difficult to get in shape, this one is for you

About Njood

Nujood started her fitness journey in 2005, exploring different types of sports. Following her passion, she received her yoga alliance teaching certificate (RYT200) in 2014, and became a certified fitness trainer by the ISSA in 2019.

Supported by her athletic background, Nujood's Vinyasa teaching style is characterized as energetic, strong and challenging, but once you walk into her class, leave all seriousness by the door.

Days/time: Sat & Mon 7-8pm

(1-23 Mar)

Or Sun & Tue 10-11am

(2-24 Mar)

Price BD70 (8 classes)