

# Prices

Price for the first 5 classes: 2 100 RUR

group	amount of classes in the subscription	action time	price (any time)		price (weekdays until 17.30)	
				1 class		1 class
Shared groups	1 class		600		500	
	4	1 month	1 800	450	1 400	360
	8	1 month	3 200	400	2 700	340
	20	3 months	7 500	375	6 400	320
	40	6 months	14 600	365	12 000	300
	no limitations	6 months	20 000			
	no limitations for Yoga Centre members for more than 3 years		17 000			

group	amount of classes in the subscription	action time	category	price	
				subscription	1 class
Privileged groups	4	1 month	privileged*	1 100	270
	8			2 100	260
	20	3 months		5 000	250
	1 class			300	

\*for children, the older age (only basic class for the older age), full-time students (weekdays from 8:00 till 17:30) + weekends

group	amount of classes in the subscription	action time	price	
			subscription	subscription
Individual program	4	1.5 months	4 800	1 200
	1 class		1 400	

group	amount of classes in the subscription	action time	minimum price (agreed with the teacher) for 1 person		minimum price (agreed with the teacher) for 1 person in a minigroup of 2 persons	
			subscription	1 class	subscription	1 class
Private class	4	1 month	9 800	2 450	6 400	1 600
	8		19 200	2 400	12 700	1 590
	20	3 months	44 000	2 200	30 600	1 530
	1 class		2 700		2 000	

**Discounts for subscriptions** (not cumulative and apply to semiannual and privileged subscriptions)

For members of one family (husband-wife, parent-child, brother, sister) – 5% discount

For the employees of one company from 6 to 10 people (with the document from the organization) – 10% discount

For members of Yoga Iyengar Centre for more than 1 year – 1% discount from each year of membership at Yoga Centre

For unlimited subscription for 6 months for members of Yoga Centre for more than 3 years – discount of 1% for each year the classes does not apply, to family members – 5% discount

**Subscription freeze** (upon written request)

Semiannual subscriptions: at least 5 days, in total – 20 days

# Schedule from October 1, 2018, B.Pushkarskaya Str.

Day	Time	Class	Teacher
<b>Monday</b>	08:00 - 09:25	Dynamic	Ilmira Kuzmenko
	09:30 - 10:55	Beginner	Ilmira Kuzmenko
	11:00 - 12:25	Beginner-2	Ilmira Kuzmenko
	13:30 - 14:55	Healthy back	Yulia Kapustina
	15:00 - 16:25	Women/Men	Yulia Kapustina
	17:00 - 18:25	Beginner	Nina Vasilyeva
	18:30 - 19:55	Beginner-2	Anatoly Samsonov
	20:00 - 21:25	Healthy back	Anatoly Samsonov

Day	Time	Class	Teacher
<b>Thursday</b>	09:30 - 10:55	Healthy back	Yulia Kapustina
	11:00 - 12:25	Mums to be	Irina Baranova
	12:30 - 13:55	Beginner	Yulia Kapustina
	14:00 - 15:25	Reliable feet	Yulia Kapustina
	15:30 - 16:55	Senior beginner	Irina Shevelenko
	17:00 - 18:25	Restorative + preparation for pranayama	Irina Shevelenko
	18:30 - 19:55	Beginner	Ilmira Kuzmenko
	20:00 - 21:25	Beginner-2	Ilmira Kuzmenko

Day	Time	Class	Teacher
<b>Tuesday</b>	08:00 - 09:25	Beginner	Viktoria Rutenko
	11:00 - 12:25	Mums to be	Irina Baranova
	14:00 - 15:25	Senior beginner	Viktoria Rutenko
	15:30 - 16:55	Beginner-2	Viktoria Rutenko
	17:00 - 18:25	Healthy back	Svetlana Levsha
	18:30 - 19:55	Beginner	Anatoly Samsonov
	20:00 - 21:25	Beginner-2	Anatoly Samsonov

Day	Time	Class	Teacher
<b>Friday</b>	08:00 - 09:25	Beginner-2	Viktoria Rutenko
	10:00 - 11:25	Beginner	Nina Vasilyeva
	11:30 - 12:55	Beginner-2	Nina Vasilyeva
	15:30 - 16:55	Antistress	Irina Shevelenko
	17:00 - 18:25	Beginner	Irina Shevelenko
	18:30 - 19:55	Healthy back	Svetlana Levsha
	20:00 - 21:25	Women/Men	Svetlana Levsha

Day	Time	Class	Teacher
<b>Wednesday</b>	08:00 - 09:25	Beginner-2	Alexander Zagrebin
	09:30 - 10:55	Beginner	Alexander Zagrebin
	11:00 - 12:25	Healthy back	Alexander Zagrebin
	14:30 - 15:55	Beginner	Tatiana Afanasyeva
	16:00 - 16:55	Children	Tatiana Afanasyeva
	17:30 - 18:55	Beginner-2	Svetlana Levsha
	19:00 - 20:25	Restorative + preparation for pranayama	Svetlana Levsha
	20:30 - 21:55	Beginner	Svetlana Levsha

Day	Time	Class	Teacher
<b>Saturday</b>	10:00 - 11:40	Intermediate	Tatiana Borodaenko
	11:45 - 12:55	Basics of pranayama	Tatiana Borodaenko
	13:00-14.25	Beginner	Tatiana Borodaenko
	14.30-15.55	Antistress	Viktoria Rutenko
	16.00-17.25	Healthy back	Viktoria Rutenko
	17.30 - 18.55	Beginner	Viktoria Rutenko

Day	Time	Class	Teacher
<b>Sunday</b>	10:30 - 11:55	Beginner	Tatiana Borodaenko
	12:00 - 13:25	Beginner-2	Tatiana Borodaenko
	13:30 - 14:55	Healthy back	Svetlana Levsha
	15:00-16.25	Beginner	Svetlana Levsha
	16:30 -17:55	Introduction to yoga	Ekaterina Nikishina

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Zhukovskogo Str., 49 phone: 719-72-37  
Bolshaya Pushkarskaya Str., 41 phone: 233-39-08

# Schedule from October 1, 2018, Zhukovskogo Str., 49

Day	Time	Class	Teacher	Room
<b>Monday</b>	08:00 - 10:00	Active practice	Tatiana Borodaenko	1
	10:00 - 12:00	Individual programs (by appointment, not later than 4 days before the class)	Tatiana Borodaenko	2
	10:00 - 11:25	Beginner	Alexey Ulanov	1
	12:00 - 13:25	Beginner-2	Tatiana Afanasyeva	1
	13:30 - 14:55	Healthy back	Tatiana Afanasyeva	1
	15:30 - 16:55	Restorative + preparation for pranayama	Yulia Maiboroda	1
	17:00 - 18:25	Beginner	Maria Belyaeva	1
	17:00 - 18:00	Consultation (by appointment)	Tatiana Borodaenko	2
	18:30 - 20:25	Intensive	Tatiana Borodaenko	1
	19:00 - 20:25	Beginner-2	Viktoria Rutenko	2
	20:30 - 21:55	Healthy back	Viktoria Rutenko	2
	20:30 - 21:55	Beginner	Tatiana Borodaenko	1

Day	Time	Class	Teacher	Room
<b>Thursday</b>	08:00 - 09:25	Beginner	Rostislav Vasilyev	1
	10:30 - 11:55	Beginner	Yulia Maiboroda	1
	12:00 - 13:25	Beginner-2	Viktoria Rutenko	2
	13:30 - 14:55	Restorative + preparation for pranayama	Viktoria Rutenko	2
	18:30 - 19:55	Healthy back	Alina Poznyak	1
	19:00 - 20:25	Beginner-2	Anatoly Samsonov	2
	20:00 - 21:25	Beginner	Alina Poznyak	1
	20:30 - 21:55	Introductory-3	Anatoly Samsonov	2

Day	Time	Class	Teacher	Room
<b>Tuesday</b>	10:30 - 11:55	Women/Men	Ekaterina Nikishina	1
	12:00 - 13:25	Beginner	Elena Komarova	1
	13:30 - 14:55	Fire of life (MS, AI)	Yulia Kapustina, Elena Komarova	2
		Beginner-2	Yulia Kapustina	1
	16:30 - 17:25	For children	Yulia Kapustina	1
	18:30 - 19:55	Beginner	Ilmira Kuzmenko	1
	19:00 - 20:25	Antistress	Alexander Zagrebin	2
	20:00 - 21:25	Beginner-2	Ilmira Kuzmenko	1
	20:30 - 21:55	Restorative + preparation for pranayama	Alexander Zagrebin	2

Day	Time	Class	Teacher	Room
<b>Friday</b>	08:00 - 09:25	Beginner-2	Rostislav Vasilyev	1
	11:00 - 12:25	Mums to be	Ekaterina Nikishina	1
	12:30 - 13:55	Senior beginner	Ekaterina Nikishina	1
	12:30 - 13:55	Fire of life (MS, AI)	Irina Shevelenko, Tatiana Afanasyeva	2
	14:00 - 15:25	Beginner	Tatiana Afanasyeva	1
	17:00 - 18:25	Beginner	Alexey Ulanov	1
	18:30 - 19:55	Beginner	Anatoly Samsonov	1
	18:30 - 19:55	Beginner-2	Alexander Zagrebin	2
	20:00 - 21:40	Intermediate	Alexander Zagrebin	2
	20:00 - 21:25	Healthy back	Anatoly Samsonov	1

Day	Time	Class	Teacher	Room
<b>Wednesday</b>	09:00 - 10:25	Beginner	Alina Poznyak	1
	10:30 - 11:55	Healthy back	Alina Poznyak	1
	12:00 - 13:25	Heart	Irina Shevelenko	1
	13:30 - 14:55	Senior beginner	Elena Komarova	1
	17:15 - 18:40	Women/Men	Mila Panova	1
	18:30 - 19:55	Beginner	Anastasiya Valueva	2
	18:45 - 20:10	Beginner-2	Mila Panova	1
	20:00 - 21:25	Introductory-2	Anastasiya Valueva	2
20:15 - 21:55	Introduction to yoga	Mila Panova	1	

Day	Time	Class	Teacher	Room
<b>Saturday</b>	10:00 - 11:25	Beginner	Mila Panova	1
	11:30 - 12:55	Healthy back	Mila Panova	1
	13:00 - 14:25	Beginner-2	Mila Panova	1
	15:30 - 16:55	Introductory-4	Yulia Kapustina	1
	17:00 - 18:25	Beginner	Viktor Mishchuk	2
	17:00 - 18:25	Restorative + preparation for pranayama	Maria Belyaeva	1
	18:30 - 19:55	Beginner-2	Viktor Mishchuk	2
	18:30 - 19:55	Dynamic	Ilmira Kuzmenko	1

Day	Time	Class	Teacher	Room
<b>Sunday</b>	10:00 - 11:25	Beginner	Ilmira Kuzmenko	1
	11:30 - 12:55	Basics of pranayama	Ilmira Kuzmenko	1
	13:00 - 14:25	Beginner-2	Ilmira Kuzmenko	1
	14:30 - 15:25	For children	Ирина Шевеленко	1
	15:30 - 16:55	Women + face yoga	Ирина Шевеленко	1
	17:00 - 18:25	Introductory-1	Irina Shevelenko	1
	17:30 - 18:55	Beginner	Yulia Kapustina	2

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