

FIT-Subbu

Find Balance and Inner Peace with Yoga

Yoga Classes



Hatha Yoga

Dynamic flow connecting movement and breath.



Kundalini Yoga

Meditation techniques to quiet the mind



Yin Yoga

Slow-paced poses for deep tissue and mindfulness.

Meet Your Mentors



Ramdev Baba

Baba Ramdev's teachings is a deep connection to Hindu traditions and philosophy, a spiritual journey that unites the body, mind, and soul.



Brett Larkin

Brett Larkin is the founder of Uplifted Yoga. She has co-founded and sold two successful health & wellness businesses

Beginners Schedule

Day	Morning (6-8)	Evening (4-6)
Monday	Vinyasa Flow	Yin Yoga
Tuesday	Power Yoga	Pilates
Wednesday	Cardio Burn	Hiit
Thursday	Vinyasa Flow	Mobility
Friday	Yin Yoga	Deep Stretch

Choose Mentor, Plan & 5 programs

Select Your Mentor

--Select Mentor--

Choose Your Plan

--Select Plan--

Select 5 Yoga Programs(One for Each Day)

--Program 1--

--Program 2--

User Email

Contact Me



Our Achievments

347*

Happy Students

38*

Certified Mentors

7*

Years Of Experience

After submitting your choices, proceed to payment

Frequently asked questions

What should I bring to class?

Bring a yoga mat, water bottle, towel, and wear comfortable clothes.

Can I join as a beginner?

How many times a week should I practice yoga?

What Our Students Say

"Flexible schedules and a peaceful environment. I highly recommend it to beginners and advanced alike."

— Swetha

"I joined Subbu's Yoga as a beginner, and the mentors made me feel so welcome. Every class leaves me feeling refreshed and stronger."

— Sneha

"This yoga center changed my life! The mentors are incredible and the sessions are very effective."

— Ruhani Sharma

