



REAL YOGA'S CLASS SCHEDULE FOR 20TH Feb 2012 - 26TH Feb 2012

STUDIO A

REVISION 1A AS ON 20.02.2012

TIME	MONDAY 20TH FEB 2012	TUESDAY 21ST FEB 2012	WEDNESDAY 22ND FEB 2012	THURSDAY 23RD FEB 2012	FRIDAY 24TH FEB 2012	WEEKEND TIME	SATURDAY 25TH FEB 2012	SUNDAY 26TH FEB 2012
7.30am-8.30am	Yoga Stretch Saumik		Sun Salutation Issey		Stretch Omkar	WEEKEND		
8.30am-9.30am	Hatha (B) Hari	Hatha Level-2 Manoj (8.30-10.00)	Hatha (B) Hari	Yoga Stretch Hari	Hatha(B) Omkar		8.30am-9.30am	Morning Stretch Hari
10.30am-11.30am	Advanced Yoga Saumik (10.00-12.00)	Gentle Mira	Gentle Issey (10.45-11.45)	Hatha (B) Manoj	Therapy Omkar	9.45am-10.45am	Hatha (B) Hari	WEEKEND SPECIALS 2HRS FOR ALL LEVEL Purna Yoga Saumik (10.00-12.00)
12.30pm-1.30pm	Deep Stretch Manoj	Yoga Stretch Dr Kumar	Combat Issey	Core Yoga Saumik	Hatha Level-2 Manoj (12.00-1.30)	11.00am-12.00pm	Indian Traditional Manoj	
2.00pm-3.00pm	Holistic Therapy Dr Kumar	Indian Traditional Manoj	Yoga Stretch Dr Kumar	Deep Stretch Manoj	Yoga Stretch Manoj	12.30pm-1.30pm	Vinyasa (B) Hari (12.15-1.30)	Yoga & Pilates Omkar
3.30pm-4.30pm	Yoga Stretch Dr Kumar	Gentle Omkar	Body Opening Saumik (3.30-4.45)	Power (B) Issey	Sivananda Issey (3.30-4.45)	2.00pm-3.00pm	Therapy Dr Kumar	Ashtanga (B) Mira
5.15pm-6.15pm	Indian Traditional Manoj	Hatha (B) Omkar	Yoga & Pilates Omkar	Yoga Stretch Saumik (5.00-6.15)	Hatha Satva Dr Kumar	3.30pm-4.30pm	Body Opening Saumik (3.30-4.45)	Back Bend Manoj
6.30pm - 7.30pm	Combat Issey	Core Yoga Hari	Hatha(B) Omkar (6.30-7.20)	Combat Issey	Ashtanga Mira (6.15-7.30)	5.00pm-6.00pm	Combat Issey	Hatha (B) Omkar
7.45pm-8.45pm	Classic Hatha Yoga Saumik	Combat Issey	Gentle Saumik (7.30-8.30)	Yoga & Pilates Omkar	Combat Issey	6.30pm - 7.30pm	Gentle Mira	Therapy Manoj
9.00pm-10.00pm	Topsy Turvy Saumik	Yoga Stretch Hari	Holistic Therapy Dr Kumar	Hatha (M) Manoj	Back Bend Manoj	7.45pm-8.45pm	Hatha (B) Omkar	Pranayama & Therapy Dr Kumar

STUDIO B

TIME	MONDAY 20TH FEB 2012	TUESDAY 21ST FEB 2012	WEDNESDAY 22ND FEB 2012	THURSDAY 23RD FEB 2012	FRIDAY 24TH FEB 2012	WEEKEND	SATURDAY 25TH FEB 2012	SUNDAY 26TH FEB 2012
7.15am-8.15am		Hot Yoga Dr Kumar		Hot Yoga Hari		9.00am - 10.00am	Hot Yoga Manoj	Hot Yoga Omkar
9.45am - 10.45am	Hot Yoga Hari	Hot Yoga Dr Kumar	Hot Yoga Issey (9.30-10.30)	Hot Yoga Hari	Hot Slimming Therapy Omkar (9.30-10.30)	10.30 - 11.30am <small>SPECIAL 90 MINS</small>	Hot Therapy Dr Kumar (10.30-12.00)	Hot Core Yoga Hari
12.15pm-1.15pm	Hot Yoga Dr Kumar	Hot Yoga Manoj	Hot Yoga Dr Kumar	Hot Yoga Omkar	Hot Yoga Dr Kumar	12.15pm-1.15pm	Hot Flow Issey	Hot Yoga Dr Kumar
4.00pm-5.00pm	Hot Yoga Issey	Hot Yoga Issey	Hot Slimming Therapy Omkar	Hot Yoga Omkar	Hot Yoga Mira	2.00pm-3.00pm	Hot Stretch Omkar	Hot Stretch Hari
5.30pm-6.30pm	Hot Yoga Mira	Hot Stretch Hari	Hot Yoga Mira	Hot Yoga Manoj	Hot Flow Issey	3.45pm-4.45pm	Hot Yoga Dr Kumar	Hot Yoga Omkar
6.45pm-7.45pm	Hot Back Bend Manoj	Hot Yoga Omkar	Hot Yoga Dr Kumar	Hot Body Opening Saumik	Hot Slimming Therapy Manoj	5.00pm-6.00pm	Hot Back Bend Manoj	Hot Yoga Manoj
8.00pm-9.15pm	Hot Yoga Issey	Hot Slimming Therapy Omkar	<small>SPECIAL 90 MINS</small> Real Yoga Saumik (8.30-10.00)	Hot Flow Issey	Hot Yoga Dr Kumar	6.15pm-7.15pm	Hot Yoga Issey	Hot Yoga Dr Kumar

Dear valued members:

- * Please arrive 10-15 minutes before class.
- * Classes or Instructors might change without prior notice.
- * No one will be permitted to enter the studio once the class begins.
- * You may book for any classes 2 days in advance.

REAL YOGA NEWS	REAL YOGA NEWS	STUDIO 3 PLEASE BOOK FOR THIS CLASS	SATURDAY 25TH FEB 2012	SUNDAY 26TH FEB 2012
2 DAYS YOGA WORKSHOP BY MASTER YOGARAJ C.P MARCH 2012 & ACRO YOGA)	31ST (YIN & YANG YOGA & PARTNER 1ST APRIL 2012 (RHYTHMIC YOGA) VENUE: REAL YOGA @ CENTREPOINT, LEVEL 6		Pre-Natal Dr Kumar (1.00-2.00)	Kids Yoga Mira (12.30 1.30)