



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843  
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**REAL YOGA'S CLASS SCHEDULE FOR 20TH JANUARY 2020 TO 26TH JANUARY 2020**

**STUDIO A**

**CENTREPOINT**

TIME	MONDAY 20TH JAN 2020	TUESDAY 21ST JAN 2020	WEDNESDAY 22ND JAN 2020	THURSDAY 23RD JAN 2020	FRIDAY 24TH JAN 2020	WEEKEND	SATURDAY 25TH JAN 2020	SUNDAY 26TH JAN 2020
7.30AM-8.30AM	Yoga Stretch YS		Hatha (B) Lim	Morning Stretch Amrit	Therapy Inder	WEEKEND 8.30AM-9.30AM		
8.30AM-9.30AM	Hatha Vinyasa Amrit	Yoga Stretch Mira	Yoga Stretch Mira	<b>HATHA (B) SAUMIK</b>	Chakra Inder (8.45-9.45)		Vinyasa Sumit	Yoga Stretch Mantu (9.15-10.15)
10.30AM-11.30AM	Hatha (M) Sumit (11.00-12.00)	<b>ALL LEVELS!</b> Hatha(B) Amrit (11.00-12.00)	<b>TRADITIONAL YOGA ADI (11.00-12.00)</b>	Yoga Stretch Amrit (10.45-12.15)	<b>ADVANCED SAUMIK (10.30-12.00)</b>	WEEKEND 9.45AM-10.45AM	<b>HATHA (M) SAUMIK (10.00-11.30)</b>	<b>PURNA SAUMIK (10.30-12.00)</b>
12.30PM-1.30PM	Yoga Stretch Karen	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Sam	Yoga Stretch Azad			
2.00PM-3.00PM	Yoga Twist Sumit	Yoga Therapy Su	Back Bend & Twist Amrit (1.30-3.00)	Therapy Su	Therapy Inder	12.30PM-1.30PM	Hatha (B) Sumit (12.00-1.00)	Back Bend Mantu (All Level) (12.15-1.15)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Amrit	Yoga Stretch Sumit	Stretch & Balance Su	Back Bend & Twist Azad	2.00PM-3.00PM	Hatha (M) Sumit (1.30-2.30)	Yoga Twist Mantu (1.30-2.30)
5.15PM-6.15PM	Yoga Stretch Sumit	Yoga Stretch Su (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)		3.30PM-4.30PM		
6.30PM-7.30PM	<b>ZUMBA Angela (MEMBERS ONLY)</b>	Yin Yoga Su	Yoga Stretch Amrit (6.45-7.45)	Hatha (B) Su (6.45-7.45)		5.00PM-6.00PM		
7.45PM-8.45PM	Hatha (B) Amrit	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	Hatha (2) Sumit (8.15-9.15)	Vinyasa Amrit (8.00-9.00)		6.15PM-7.15PM		
9.00PM-10.00PM								

**STUDIO B**

TIME	MONDAY 20TH JAN 2020	TUESDAY 21ST JAN 2020	WEDNESDAY 22ND JAN 2020	THURSDAY 23RD JAN 2020	FRIDAY 24TH JAN 2020	WEEKEND	SATURDAY 25TH JAN 2020	SUNDAY 26TH JAN 2020
7.15AM-8.15AM		Hot Yoga Amrit (7.30-8.30)			Hot Stretch Azad	8.45AM-9.45AM		Hot Yoga Mantu (8.15-9.15)
9.45AM-10.45AM	Hot Stretch Amrit	Hot Yoga Mira	Hot Yoga Mira	Hot Flow Amrit	Hot Yoga Azad	10.30AM-11.30AM	Hot Back Bend Sumit (10.00-11.00)	Hot Core & Strength Mantu
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch Su	Hot Stretch Amrit	<b>HOT YOGA SAUMIK</b>	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit (11.30-12.30)	<b>HOT STRETCH SAUMIK (12.00-1.00)</b>
4.30PM-5.30PM					Hot Slimming Azad (1.30-2.30)	1.45PM-2.45PM	<b>HOT BODY OPENING SAUMIK (1.00-2.30)</b>	
6.00PM-7.00PM	Hot Stretch Sumit (6.15-7.15)	Hot Yoga Amrit	Hot Stretch Sumit (5.45-6.45)	Hot Stretch Amrit (6.00-7.00)		3.15PM-4.15PM		
7.15PM-8.15PM	Hot Core Sumit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Su (MEMBERS ONLY) (7.45-8.45)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Stretch & Tone Su (MEMBERS ONLY)		4.45PM-5.45PM		
8.45PM-9.45PM	Hot Yoga Amrit	Hot Slimming Amrit (9.00-10.00)	Hot Back Bend Amrit (8.15-9.15)	(8.00-9.00)				

**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.
- \* Please call at least 4 hours in advance if you wish to cancel any class booking.

MASTER SAUMIK ON COURSE FROM 12/01/2020 - 22/01/2020  
 TEACHER INDER ON LEAVE FROM 16/01/2020 - 21/01/2020

