



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843  
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**REAL YOGA'S CLASS SCHEDULE FOR 24TH FEBRUARY 2020 TO 1ST MARCH 2020**

**CENTREPOINT**

TIME	MONDAY 24TH FEB 2020	TUESDAY 25TH FEB 2020	WEDNESDAY 26TH FEB 2020	THURSDAY 27TH FEB 2020	FRIDAY 28TH FEB 2020	WEEKEND	SATURDAY 29TH FEB 2020	SUNDAY 1ST MAR 2020
7.30AM-8.30AM	Yoga Stretch Wynter		Hatha (B) Amrit	Morning Stretch Amrit	Therapy Amrit	8.30AM-9.30AM	Yoga Stretch Sumit (8.15-9.15)	HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE MORNING STRETCH ADI (9.30-10.30)
8.30AM-9.30AM	Hatha Vinyasa Amrit	Yoga Stretch Mira	Yin Yoga Mira	<b>HATHA (B) SAUMIK</b>	Chakra Inder (8.45-9.45)		Core & Strength Mantu (9.30-10.30)	
10.30AM-11.30AM	<b>ADVANCED SAUMIK (10.30-12.00)</b>	<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)	Hatha (M) Azad (10.30-12.00)	9.45AM-10.45AM		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE PURNA SAUMIK (11.00-12.00)
12.30PM-1.30PM	Yoga Stretch Sam	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Sam	Yoga Stretch Azad	11.00AM-12.00PM	<b>COMBAT Issey (MEMBERS ONLY)</b>	
2.00PM-3.00PM	Yoga Twist Sumit	Yoga Therapy Su	Back Bend & Twist Amrit (1.30-3.00)	Therapy Amrit	Therapy Inder	12.30PM-1.30PM	<b>HATHA (B) SAUMIK</b>	HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA (B) INDER (1.00-2.00)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Amrit	Yoga Stretch Sumit	Yoga Balance Amrit	Back Bend & Twist Azad	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	
5.15PM-6.15PM	Yoga Stretch Sumit (5.00-6.00)	Yoga Stretch Su (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) Azad	3.30PM-4.30PM	<b>BODY OPENING SAUMIK (3.30-5.00)</b>	HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA FLOW CHANDAN (2.30-3.30)
6.30PM-7.30PM	<b>ZUMBA Angela (MEMBERS ONLY)</b>	Yin Yoga Su	<b>YOGA STRETCH SAUMIK (6.45-7.45)</b>	Hatha (B) Su	Core Yoga Azad	5.00PM-6.00PM	Hatha (B) Mantu (5.15-6.15)	
7.45PM-8.45PM	Hatha (B) Amrit	<b>COMBAT Issey (MEMBERS ONLY)</b>			<b>COMBAT Issey (MEMBERS ONLY)</b>	6.15PM-7.15PM		
9.00PM-10.00PM		<b>HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA CLASSIC SAUMIK (8.00-8.45)</b>	Hatha (2) Sumit (8.15-9.15)	Yoga Balance Amrit (8.00-9.00)		7.30PM-8.30PM		

**STUDIO B**

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7.15AM-8.15AM		Hot Yoga Karen (7.30-8.30)				8.45AM-9.45AM	Hot Flow Mantu (8.00-9.00)	<b>CLOSED FOR SPRING CLEANING</b>
9.45AM-10.45AM	Hot Stretch Amrit	Hot Yoga Mira	Hot Yoga Mira	Hot Flow Amrit (9.30-10.30)	Hot Stretch Inder	10.30AM-11.30AM	Hot Back Bend Sumit (9.30-10.30)	
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 Mantu	
4.30PM-5.30PM						1.45PM-2.45PM	Hot Stretch Mantu (2.00-3.00)	
6.00PM-7.00PM	Hot Stretch Sumit	Hot Yoga Amrit	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Amrit	Hot Yoga Amrit (6.30-7.30)	3.15PM-4.15PM	Hot Vinyasa Sumit (3.30-4.30)	
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 Yoga Su (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Azad (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM		
8.45PM-9.45PM			<b>HOT BACK BEND SAUMIK (8.05-9.05)</b>					

**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.

Teacher Kumar On Leave From 25/02/2020 - 12/03/2020

