



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 23RD MARCH 2020 TO 29TH MARCH 2020

CENTREPOINT

Revision As On 25.03.2020

TIME	MONDAY 23RD MAR 2020	TUESDAY 24TH MAR 2020	WEDNESDAY 25TH MAR 2020	THURSDAY 26TH MAR 2020	FRIDAY 27TH MAR 2020	WEEKEND	SATURDAY 28TH MAR 2020	SUNDAY 29TH MAR 2020
7.30AM-8.30AM				Morning Stretch Amrit				
8.30AM-9.30AM	CORPORATE ONLY! Yoga Stretch Carine (9.30-10.30)	Yoga Stretch Mira	CORPORATE ONLY! Hatha (B) ST (9.30-10.30)	HATHA (B) SAUMIK (8.45-9.45)	Therapy Azad (9.30-10.30)	8.30AM-9.30AM	Ashtanga LED Marta (9.15-10.45)	Yoga Stretch Su (9.00-10.00)
10.30AM-11.30AM	ADVANCED SAUMIK (10.45-12.15)	ALL LEVELS! Hatha(B) Amrit (11.00-12.00)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Amrit (10.45-12.15)	Hatha (M) Azad (10.45-12.15)	9.45AM-10.45AM	PURNA SAUMIK (10.30-12.00)	
12.30PM-1.30PM	CORPORATE ONLY! Yoga Stretch ST	Hatha (M) Amrit (12.00-1.30)	THERAPY & MEDITATION ADI (12.15-1.15)	CORPORATE ONLY! Hatha (B) Carine	Yoga Stretch Azad	11.00AM-12.00PM		COMBAT Issey (MEMBERS ONLY)
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 (1.00-2.00)	Back Bend Amrit
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Amrit	Yoga Stretch Sumit	Stretch & Balance Amrit	Back Bend & Twist Inder	2.00PM-3.00PM	HATHA (M) SAUMIK (2.15-3.15)	Yoga Twist Mindy
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	Yin & Yang Su (3.30-5.00)	Indian Traditional Amrit
6.30PM-7.30PM	ZUMBA Angela (MEMBERS ONLY)	Yin Yoga Su	YOGA STRETCH SAUMIK (6.45-7.45)	Hatha (B) Su	Core Yoga Azad	5.00PM-6.00PM	Hatha (B) Sumit (5.00-6.00)	Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	Hatha (B) Amrit	COMBAT Issey (MEMBERS ONLY)			COMBAT Issey (MEMBERS ONLY)	6.15PM-7.15PM		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA SUMIT (8.30-9.15)
9.00PM-10.00PM		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE CORE YOGA SAUMIK (8.00-8.30)	Hatha (2) Sumit (8.15-9.15)	Traditional Yoga 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 Yoga Amrit
9.45AM-10.45AM	Hot Stretch Amrit (10.30-11.30)	Hot Yoga Mira	Hot Yoga Amrit	Hot Flow Amrit (9.30-10.30)	Hot Stretch Inder (10.30-11.30)	10.30AM-11.30AM	Hot Flow Sumit (9.30-10.30)	Hot Yin Yoga Su (10.00-11.00)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch ST	Hot Stretch Amrit	HOT YOGA SAUMIK	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit	HOT STRETCH SAUMIK (12.15-1.45)
4.30PM-5.30PM						1.45PM-2.45PM	Hot Stretch Su (2.00-3.00)	Hot Slimming Amrit (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 Clara	3.15PM-4.15PM	Hot Vinyasa Sumit (3.30-4.30)	Hot Stretch Mindy
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) (7.30-8.30)	Hot Stretch Azad (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM		Hot Yoga Mindy (4.30-5.30)
8.45PM-9.45PM	Hot Twist Amrit		HOT BACK BEND SAUMIK (8.05-9.05)					

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 Micheas Not Available On 16/03/2020 - 02/04/2020

