

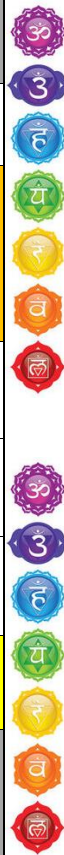


176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
 WEBSITE: www.realyoga.com.sg
 Tel: 65-6734 2853

REAL YOGA'S CLASS SCHEDULE FOR 30TH MARCH 2020 TO 5TH APRIL 2020

CENTREPOINT

Revision As On 3.04.2020



TIME	MONDAY 30TH MAR 2020	TUESDAY 31ST MAR 2020	WEDNESDAY 1ST APR 2020	THURSDAY 2ND APR 2020	FRIDAY 3RD APR 2020	WEEKEND	SATURDAY 4TH APR 2020	SUNDAY 5TH APR 2020
7.30AM-8.30AM				CXL				
8.30AM-9.30AM	YOGA STRETCH SAUMIK (9.15-10.15)	Yoga Stretch Mira	Hatha (B) ST (9.30-10.30)	CXL	CXL	8.30AM-9.30AM	CXL	Yoga Stretch Mantu (9.00-10.00)
10.30AM-11.30AM	ADVANCED SAUMIK (10.45-12.00)	ALL LEVELS! Hatha(B) Amrit (11.00-12.00)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Amrit (11.00-12.00)	ADVANCED SAUMIK (10.00-12.00)	9.45AM-10.45AM		PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit	THERAPY & MEDITATION ADI	CXL	CXL	11.00AM-12.00PM	CXL	
2.00PM-3.00PM	Yoga Twist Sumit	Yoga Therapy Su	HATHA (M) SAUMIK	Therapy Su	CXL	12.30PM-1.30PM	HATHA (M) SAUMIK (1.00-2.00)	Back Bend Amrit
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Amrit	BODY OPENING SAUMIK	Stretch & Balance Su	Back Bend & Twist Amrit	2.00PM-3.00PM	BODY OPENING SAUMIK (2.30-4.00)	Yoga Twist Mantu
5.15PM-6.15PM	Yoga Stretch Sumit (5.00-5.45)	Yoga Stretch Su (5.00-5.45)	CXL	Yin Yoga Su (5.30-6.30)	CXL	3.30PM-4.30PM		
6.30PM - 7.30PM	Hatha Flow ST (6.15-7.00)	Yin Yoga Su (6.15-7.00)	Yoga Stretch Amrit (5.00-6.00)	PURNA SAUMIK (7.00-8.30)	Hatha (M) Azad (6.00-7.00)	5.00PM-6.00PM	Hatha (B) Sumit (5.00-6.00)	CXL
7.45PM-8.45PM	Hatha (B) Amrit (7.30-8.30)	COMBAT Issey (MEMBERS ONLY) (7.30-8.10)	Hatha (2) Sumit (7.15-8.15)		COMBAT Issey (7.30-8.30)	6.15PM-7.15PM		
9.00PM-10.00PM		COMBAT Issey (8.30-9.10)			CXL	7.30PM-8.30PM		
		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE THERAPY SAUMIK (8.00-8.45)					HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA FLOW SUMIT (11.00-11.45)	

TIME	MONDAY 30TH MAR 2020	TUESDAY 31ST MAR 2020	WEDNESDAY 1ST APR 2020	THURSDAY 2ND APR 2020	FRIDAY 3RD APR 2020	WEEKEND	SATURDAY 4TH APR 2020	SUNDAY 5TH APR 2020
7.15AM-8.15AM		Hot Yoga Amrit (7.30-8.30)				8.45AM-9.45AM		
9.45AM - 10.45AM	Hot Stretch Amrit (10.30-11.30)	Hot Yoga ST	Hot Yoga Amrit	Hot Flow Amrit	Hot Stretch Azad	10.30AM-11.30AM	Hot Flow Sumit (9.30-10.30)	Hot Core & Strength Mantu (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch ST	Hot Stretch Amrit	HOT BODY OPENING SAUMIK	HOT TWIST SAUMIK	12.00PM-1.00PM	Hot Yoga Sumit	HOT STRETCH SAUMIK (12.15-1.45)
4.30PM-5.30PM					CXL	1.45PM-2.45PM	Hot Stretch Sumit (2.00-3.00)	Hot Slimming Amrit (2.15-3.15)
6.00PM - 7.00PM	Hot Stretch Sumit (6.00-6.45)	Hot Yoga Amrit (6.00-6.45)	Hot Slimming Sumit (6.15-7.00)	Hot Stretch Amrit (6.00-7.00)	CXL	3.15PM-4.15PM	Hot Stretch & Balance Sumit (4.00-5.00)	Hot Stretch Mantu (3.45-4.45)
7.15PM-8.15PM	Hot Core ST (7.45-8.45)	Hot Stretch Amrit (7.15-8.00)	Hot Yoga Wynter (7.30-8.30)	Hot Stretch & Tone Su (8.00-9.00)	Hot Stretch Azad (7.00-8.00)	4.45PM-5.45PM		
8.45PM-9.45PM	CXL							

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.

