



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 29TH JUNE 2020 TO 5TH JULY 2020

STUDIO A

CENTREPOINT

REVISED AS ON 30.06.2020

TIME	MONDAY 29TH JUN 2020	TUESDAY 30TH JUN 2020	WEDNESDAY 1ST JUL 2020	THURSDAY 2ND JUL 2020	FRIDAY 3RD JUL 2020	WEEKEND	SATURDAY 4TH JUL 2020	SUNDAY 5TH JUL 2020
7.30AM-8.30AM	ONLINE ZOOM CLASS SUN SALUTATION KUMAR (7.15-8.15)			ONLINE ZOOM CLASS YOGA STRETCH CHANDAN (7.15-8.15)				
8.30AM-9.30AM	Hatha Vinyasa Amrit (7.30-8.30)	ONLINE ZOOM CLASS YIN YOGA MIRA (10.30-11.30)	Hatha (B) Sumit (7.30-8.30)	Morning Stretch Amrit (7.30-8.30)		8.30AM-9.30AM		
10.30AM-11.30AM	ONLINE ZOOM CLASS ADVANCED SAUMIK (10.30-12.00)	Yoga Stretch Mantu	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Amrit (11.00-12.00)		9.45AM-10.45AM	ONLINE ZOOM CLASS HATHA MIRA (9.00-10.00)	Yoga Stretch Mantu (9.15-10.15)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit	THERAPY & MEDITATION ADI (12.15-1.15)	Hatha (B) Amrit (12.30-1.30) ----- Therapy Su (2.00-3.00)		11.00AM-12.00PM	Stretch & Balance Mantu (9.15-10.15)	ONLINE ZOOM CLASS YOGA STRETCH KUMAR (9.00-10.00)
2.00PM-3.00PM	Yoga Twist Sumit		ONLINE ZOOM CLASS HATHA YOGA SUMIT (2.00-3.00)	ONLINE ZOOM CLASS THERAPY AZAD (3.00-4.00)		12.30PM-1.30PM	Hatha (B) Amrit (11.45-12.45)	Back Bend Amrit
3.30PM-4.30PM	Yoga Balance Sumit	Stretch & Twist Mantu	Back Bend & Twisist Amrit (2.30-3.30)	Hatha Flow Sumit		2.00PM-3.00PM	Hatha (M) Sumit (1.15-2.15)	Yoga Twist Mantu (2.00-3.00)
5.15PM-6.15PM	Yoga Stretch Su (5.00-6.00)	Yoga Stretch Amrit (5.00-6.00)	Back Bend Sumit (4.30-5.30)	Yin Yoga Su (5.00-6.00)		3.30PM-4.30PM	ONLINE ZOOM CLASS YOGA STRETCH AMRIT (2.30-3.30)	Indian Traditional Amrit (3.30-4.30)
6.30PM-7.30PM	Yin Yoga Su	Hatha (B) Mantu	Yoga Stretch Amrit (6.30-7.30)	Hatha (B) Sumit		5.00PM-6.00PM	Hatha (B) Sumit (4.15-5.15)	ONLINE ZOOM CLASS CORE YOGA AZAD (5.00-6.00)
7.45PM-8.45PM	ONLINE ZOOM CLASS STRETCH & TWIST SAUMIK (6.15-7.15)	ONLINE ZOOM CLASS YOGA STRETCH AZAD (6.15-7.15)	ONLINE ZOOM CLASS HATHA BASIC MANTU (7.45-8.45)			6.15PM-7.15PM		
9.00PM-10.00PM	ONLINE ZOOM CLASS HATHA YOGA AMRIT (7.45-8.45)	ONLINE ZOOM CLASS STRETCH & MEDITATION ADI (7.45-8.45)				7.30PM-8.30PM		

STUDIO B

TIME	MONDAY 29TH JUN 2020	TUESDAY 30TH JUN 2020	WEDNESDAY 1ST JUL 2020	THURSDAY 2ND JUL 2020	FRIDAY 3RD JUL 2020	WEEKEND	SATURDAY 4TH JUL 2020	SUNDAY 5TH JUL 2020
7.15AM-8.15AM		Hot Yoga Amrit (7.30-8.30)				8.45AM-9.45AM		
9.45AM-10.45AM	Hot Stretch Amrit (9.00-10.00)	Hot Yoga Mantu (9.00-10.00)	Hot Yoga Sumit (9.00-10.00)	Hot Flow Amrit (9.00-10.00)		10.30AM-11.30AM	Hot Flow Sumit (9.45-10.45)	Hot Yoga Amrit (9.45-10.45)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Core Mantu	Hot Stretch Amrit	Hot Core Sumit		12.00PM-1.00PM	Hot Yoga Mantu (11.15-12.15)	Hot Core & Strength Mantu (11.15-12.15)
4.30PM-5.30PM						1.45PM-2.45PM	Hot Back Bend Amrit (12.45-1.45)	Hot Stretch Mantu (12.45-1.45)
6.00PM-7.00PM	Hot Stretch Sumit	Hot Yoga Amrit	Hot Slimming Sumit	Hot Stretch Amrit		3.15PM-4.15PM	Hot Vinyasa Sumit (2.15-3.15)	Hot Slimming Amrit (2.15-3.15)
7.15PM-8.15PM	Hot Core Sumit (7.30-8.30)	Hot Stretch Mantu (7.30-8.30)	Hot Back Bend Amrit (8.00-9.00)	Hot Yoga Sumit (7.30-8.30)		4.45PM-5.45PM		Hot Yoga Mantu (3.45-4.45)
8.45PM-9.45PM								

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.

(FREE FOR MEMBER) ONLINE ZOOM CLASS BOOKING @ <https://realyoga.punchpass.com> NOW!! (T&C Applies)

IN-STUDIO CLASS BOOKING @ <https://onlinebooking.realyoga.com.sg/realyoga%20ssportal>

BOOKINGS FOR IN-STUDIO CLASSES CAN ALSO BE MADE VIA REAL YOGA APPS

