



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 13TH JULY 2020 TO 19TH JULY 2020

STUDIO A CENTREPOINT

TIME	MONDAY 13TH JUL 2020	TUESDAY 14TH JUL 2020	WEDNESDAY 15TH JUL 2020	THURSDAY 16TH JUL 2020	FRIDAY 17TH JUL 2020	WEEKEND	SATURDAY 18TH JUL 2020	SUNDAY 19TH JUL 2020
7.30AM-8.30AM	ONLINE ZOOM CLASS SUN SALUTATION KUMAR (7.15-8.15)	ONLINE ZOOM CLASS YOGA BASIC CHANDAN (7.15-8.15)	ONLINE ZOOM CLASS HATHA YOGA AMRIT (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)		Hatha (B) Sumit (7.30-8.30)	Morning Stretch Amrit (7.30-8.30)		8.30AM-9.30AM		
10.30AM-11.30AM		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 YOGA MIRA (9.00-10.00)	Yoga Stretch Mantu (9.15-10.15)
12.30PM-1.30PM	Yoga Stretch Sumit (12.30-1.30) Yoga Twist Sumit (2.00-3.00)	Hatha (M) Amrit	THERAPY & MEDITATION ADI (12.15-1.15)	Hatha (B) Amrit		11.00AM-12.00PM	Hatha (B) Amrit (9.00-10.00)	ONLINE ZOOM CLASS YOGA STRETCH KUMAR (9.00-10.00)
2.00PM-3.00PM	ONLINE ZOOM CLASS HATHA BASIC AZAD (2.00-3.00)	ONLINE ZOOM CLASS YOGA TWIST VISHAL (3.30-4.30)	ONLINE ZOOM CLASS HATHA YOGA SUMIT (2.00-3.00)	Therapy Su		12.30PM-1.30PM	Therapy Sumit (10.30-11.30)	Back Bend Amrit
3.30PM-4.30PM	Yoga Balance Sumit	Stretch & Twist Mantu	Hatha (B) Amrit (2.30-3.30)	ONLINE ZOOM CLASS YOGA DANCE AZAD (3.00-4.00)		2.00PM-3.00PM	ONLINE ZOOM CLASS STRETCH & MEDITATION ADI (12.00-1.00)	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)	Hatha Flow Sumit (3.30-4.30)		3.30PM-4.30PM	Hatha (M) Sumit (1.15-2.15)	Indian Traditional Amrit (3.30-4.30)
6.30PM-7.30PM	Yin Yoga Su	Hatha (B) Mantu	Yoga Stretch Amrit (6.30-7.30)	Yin Yoga Su (5.00-6.00)		5.00PM-6.00PM	ONLINE ZOOM CLASS YOGA STRETCH AMRIT (2.30-3.30)	ONLINE ZOOM CLASS CORE YOGA AZAD (5.15-6.15)
7.45PM-8.45PM	ONLINE ZOOM CLASS GENTLE YOGA AMRIT (8.00-9.00)	ONLINE ZOOM CLASS STRETCH & MEDITATION ADI (8.00-9.00)	ONLINE ZOOM CLASS HATHA BASIC MANTU (8.00-9.00)	Hatha (B) Sumit (6.30-7.30)		6.15PM-7.15PM	Hatha (B) Sumit (4.15-5.15)	
9.00PM-10.00PM				ONLINE ZOOM CLASS HATHA YOGA AZAD (8.00-9.00)		7.30PM-8.30PM		

STUDIO B

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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 (9.15-10.15)	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 Stretch Amrit (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 Yoga 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%20portal>
 BOOKINGS FOR IN-STUDIO CLASSES CAN ALSO BE MADE VIA REAL YOGA APPS
 Master Adi Not Available On 13/07/2020

