



BLK-134 JURONG GATEWAY ROAD #01-311 SINGAPORE- 600134  
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**REAL YOGA'S CLASS SCHEDULE FOR 16TH NOVEMBER 2020 TO 22ND NOVEMBER 2020**

**STUDIO A JURONG**

| TIME            | MONDAY<br>16TH NOV 2020             | TUESDAY<br>17TH NOV 2020                | WEDNESDAY<br>18TH NOV 2020                     | THURSDAY<br>19TH NOV 2020                             | FRIDAY<br>20TH NOV 2020 | WEEKEND<br>TIME | SATURDAY<br>21ST NOV 2020                      | SUNDAY<br>22ND NOV 2020                               |
|-----------------|-------------------------------------|---|--|---|-------------------------|-----------------|--|---|
| 7.30AM-8.30AM   |                                     |   | <b>CORPORATE CLASS</b><br>Yoga Stretch Penn    |   |                         |                 |  |   |
| 8.30AM-9.30AM   | Yoga Stretch Kumar (8.00-9.00)      | Yoga Twist Kumar (8.00-9.00)            | Yoga Stretch Chandan (9.00-9.45)               | <b>Hot</b> Back Bend & Twisit Chandan (8.00-9.00)     |                         | 8.30AM-9.30AM   | <b>IN-STUDIO &amp; ONLINE ZOOM HATHA KUMAR</b> | Stretch & Balance Chandan                             |
| 9.45AM-10.45AM  | <b>Hot</b> Hatha Kumar (9.15-10.15) | <b>Hot</b> Core Kumar (9.15-10.15)      | <b>Hot</b> Core & Strength Mantu (10.15-11.00) | Ashtanga (Primary Series) Cheryl (9.15-10.45)         |                         | 9.45AM-10.45AM  | Vinyasa Chandan                                | <b>Hot</b> Flow Kumar                                 |
| 11.00AM-12.00PM | Vinyasa Chandan (10.30-11.30)       | Deep Stretch Kumar (10.30-11.30)        | Back Bend Mantu (11.15-12.00)                  | Hatha (M) Chandan                                     |                         | 11.00AM-11.45AM | <b>Hot</b> Back Bend Kumar                     | <b>Hot</b> Yoga Chandan                               |
| 12.15PM-1.15PM  | Yoga Twist Chandan (12.00-1.00)     | <b>Hot</b> Back Bend Kumar (12.00-1.00) | Vinyasa Chandan                                | Hatha (B) Chandan                                     |                         | 12.15PM-1.00PM  | Core Yoga Kumar                                | <b>IN-STUDIO &amp; ONLINE ZOOM HATHA (B) KUMAR</b>    |
| 1.30PM-2.30PM   | Therapy For Shoulder Pain Chandan   | Gentle Kumar                            | <b>Hot</b> Stretch Chandan                     | Therapy Chandan                                       |                         | 1.30PM-2.30PM   | Yoga Stretch Chandan                           | Inversion Chandan                                     |
| 2.45PM-3.45PM   | <b>Hot</b> Core Kumar               | Hatha (2) Chandan                       | <b>Hot</b> Twist Chandan                       | Yoga Stretch Kumar                                    |                         | 3.00PM-4.00PM   | <b>Hot</b> Yoga Kumar                          | Back Bend Chandan                                     |
| 4.00PM-5.00PM   | Hatha (M) Kumar                     | <b>Hot</b> Stretch Chandan              | Hatha (B) Mantu                                | Hatha Yoga Chandan                                    |                         | 4.30PM-5.30PM   | <b>Hot</b> Slimming Chandan                    | <b>IN-STUDIO &amp; ONLINE ZOOM YOGA STRETCH KUMAR</b> |
| 5.15PM-6.15PM   | Back Bend Chandan                   | Arm Balance Chandan                     | <b>Hot</b> Stretch Mantu                       | <b>Hot</b> Core Kumar                                 |                         |                 |  |   |
| 6.45PM-7.45PM   | <b>Hot</b> Stretch Kumar            | Hatha Flow Chandan                      | <b>Hot</b> Therapy Mantu                       | <b>Hot</b> Yoga Kumar                                 |                         |                 |  |   |
| 8.15PM-9.15PM   | <b>Hot</b> Yoga Chandan             | <b>Hot</b> Stretch Chandan              | Core Yoga Chandan                              | <b>IN-STUDIO &amp; ONLINE ZOOM YOGA STRETCH KUMAR</b> |                         |                 |  |   |

**PREMIER / IN-STUDIO & ONLINE ZOOM / ONLINE WORKSHOP**

|  | MONDAY<br>16TH NOV 2020   | TUESDAY<br>17TH NOV 2020  | WEDNESDAY<br>18TH NOV 2020   | THURSDAY<br>19TH NOV 2020   | FRIDAY<br>20TH NOV 2020   |  | SATURDAY<br>21ST NOV 2020   | SUNDAY<br>22ND NOV 2020  |
|--|---|---|--|---|---|--|---|--|
|  | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM HATHA (B) AMRIT (7.30-8.30)</b>          | <b>IN-STUDIO - TP &amp; ONLINE ZOOM SUN SALUTATION VISHAL (7.30-8.30)</b>         | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM HATHA (B) AZAD (7.30-8.30)</b>    | <b>IN-STUDIO - TP &amp; ONLINE ZOOM STRETCH &amp; TONE AZAD (7.30-8.30)</b> |   |  | <b>IN-STUDIO - JR &amp; ONLINE ZOOM HATHA KUMAR (8.30-9.30)</b>         |  |
|  | <b>PREMIER MASTER CLASS ADVANCED YOGA SAUMIK (10.30-12.00)</b>                | <b>PREMIER MASTER CLASS THERAPY FOR HIPS &amp; HAMSTRINGS MANTU (10.30-11.45)</b> | <b>PREMIER MASTER CLASS DEEP STRETCH &amp; BEND MAX (10.30-11.45)</b>  | <b>PREMIER MASTER CLASS CORE &amp; STRENGTH VISHAL (10.45-12.00)</b>        | <b>PREMIER MASTER CLASS SHOULDER &amp; SPINE SAUMIK (10.30-12.00)</b> |  | <b>PREMIER MASTER CLASS YIN YOGA MIRA (10.30-12.00)</b>                 | <b>PREMIER MASTER CLASS PURNA YOGA SAUMIK (10.30-12.00)</b>            |
|  |   | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM CARDIO &amp; CORE ADI (12.30-1.30)</b>       |  |   |   |  |   | <b>IN-STUDIO - JR &amp; ONLINE ZOOM HATHA (B) KUMAR (12.15-1.00)</b>   |
|  | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM CORE &amp; BALANCE MANTU (5.00-6.00)</b> |   | <b>IN-STUDIO - TP &amp; ONLINE ZOOM YOGA STRETCH AMRIT (2.00-3.00)</b> | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM DEEP STRETCH MANTU (3.30-4.30)</b>     |   |  | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM COMBAT ISSEY (12.30-1.30)</b>      | <b>IN-STUDIO - TP &amp; ONLINE ZOOM YOGA BALANCE AZAD (2.00-3.00)</b>  |
|  | <b>PREMIER MASTER CLASS TRACTION &amp; TWISTING SAUMIK (6.30-7.45)</b>        | <b>PREMIER MASTER CLASS DEEP STRETCH SUMIT (6.30-7.45)</b>                        | <b>PREMIER MASTER CLASS HATHA (M) SAUMIK (6.30-7.45)</b>               | <b>PREMIER MASTER CLASS INVERSION WITH BACK BEND AMRIT (6.30-7.45)</b>      | <b>PREMIER MASTER CLASS HANDSTAND MAX (6.00-7.15)</b>                 |  | <b>IN-STUDIO - TP &amp; ONLINE ZOOM DEEP STRETCH VISHAL (3.30-4.30)</b> | <b>IN-STUDIO - JR &amp; ONLINE ZOOM YOGA STRETCH KUMAR (4.30-5.30)</b> |
|  | <b>IN-STUDIO - TP &amp; ONLINE ZOOM YOGA STRETCH AZAD (8.15-9.15)</b>         | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM BACK BEND SAUMIK (8.00-9.00)</b>             | <b>IN-STUDIO - TPY &amp; ONLINE ZOOM HATHA (B) AZAD (8.00-9.00)</b>    | <b>IN-STUDIO - JR &amp; ONLINE ZOOM YOGA STRETCH KUMAR (8.15-9.15)</b>      |   |  | <b>PREMIER MASTER CLASS ARM BALANCE VISHAL (5.00-6.15)</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.

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