



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735
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REAL YOGA'S CLASS SCHEDULE FOR 16TH NOVEMBER 2020 TO 22ND NOVEMBER 2020

STUDIO A TAMPINES								
TIME	MONDAY 16TH NOV 2020	TUESDAY 17TH NOV 2020	WEDNESDAY 18TH NOV 2020	THURSDAY 19TH NOV 2020	FRIDAY 20TH NOV 2020	WEEKEND TIME	SATURDAY 21ST NOV 2020	SUNDAY 22ND NOV 2020
7.30AM-8.30AM	Hatha (B) Lynn (Trainee Teacher)	IN-STUDIO & ONLINE ZOOM SUN SALUTATION VISHAL		IN-STUDIO & ONLINE ZOOM STRETCH & TONE AZAD				
8.30AM-9.30AM	Vinyasa Vishal (8.45-9.45)		Hatha (B) Vishal (8.45-9.45)			8.30AM-9.30AM	Hatha Flow Sumit (8.00-9.00)	Morning Stretch Amrit (8.00-9.00)
10.30AM-11.30AM	Yoga Stretch Vishal (10.45-11.45)	Yoga Twist Vishal (10.45-11.45)	Therapy Vishal (11.15-12.15)	Back Bend Azad		9.45AM-10.45AM	Yoga Stretch Sumit (9.30-10.30)	Indian Traditional Amrit (9.30-10.30)
12.15PM-1.15PM	Therapy Azad	Cone Yoga Azad	Yoga Twist Vishal (12.30-1.30)	Hatha (B) Vishal		11.00AM-12.00PM	Hatha (B) Amrit	Hatha Flow Vishal
1.45PM-2.45PM	Hatha (B) Lydia (2.00-3.00)	Yoga Twist Azad (2.00-3.00)	IN-STUDIO & ONLINE ZOOM YOGA STRETCH AMRIT (2.00-3.00)	Yoga Twist Vishal (2.45-3.45)		12.30PM-1.30PM	Vinyasa Vishal	Power (B) Azad
3.00PM-4.00PM	Yoga Twist Azad (5.00-6.00)	hatha (B) Azad (5.00-6.00)	Hatha (M) Vishal (3.30-4.30)	Yoga Stretch Vishal (5.00-6.00)		2.00PM-3.00PM	Hatha (M) Vishal	IN-STUDIO & ONLINE ZOOM YOGA BALANCE AZAD
5.00PM-6.00PM	Hatha (B) Vishal (6.30-7.30)	Back Bend Mindy (6.30-7.30)	Yoga Balance Sumit	Vinyasa Linda (6.30-7.30)		3.30PM-4.30PM	IN-STUDIO & ONLINE ZOOM DEEP STRETCH VISHAL	Inversion Vishal (3.15-4.15)
6.30PM-7.30PM	IN-STUDIO & ONLINE ZOOM YOGA STRETCH AZAD (8.15-9.15)	Hatha Flow Wynter (8.00-9.00)	Cone Yoga Sumit	Hatha (2) Azad (8.00-9.00)		5.00PM-6.00PM	Yin Yoga Amrit (4.45-5.45)	Yoga Wheel Azad (4.30-5.30)
7.45PM-8.45PM			Yoga Stretch Amrit (8.15-9.15)			6.30PM-7.30PM		

STUDIO B								
TIME	MONDAY 16TH NOV 2020	TUESDAY 17TH NOV 2020	WEDNESDAY 18TH NOV 2020	THURSDAY 19TH NOV 2020	FRIDAY 20TH NOV 2020	WEEKEND TIME	SATURDAY 21ST NOV 2020	SUNDAY 22ND NOV 2020
7.15AM-8.15AM	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)		Anti-Oxidant Hot Stretch Vishal (7.30-8.30)					
9.45AM-10.45AM	Anti-Oxidant Hot Hatha Azad (9.45-10.45)	Anti-Oxidant Hot Vinyasa Vishal (8.30-9.30)	Anti-Oxidant Hot Core Vishal (10.00-11.00)	Anti-Oxidant Hot Twist Azad (8.30-9.30)		8.45AM-9.45AM	Anti-Oxidant Hot Flow Vishal (7.30-8.30)	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)
12.00PM-1.00PM	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Back Bend Amrit	Anti-Oxidant Hot Slimming Azad		10.30AM-11.30AM	Anti-Oxidant Hot Yoga Vishal (9.45-10.45)	Anti-Oxidant Hot Stretch Vishal (9.00-10.00)
1.15PM-2.15PM		Anti-Oxidant Hot Stretch Lydia (1.30-2.30)	Anti-Oxidant Hot Hatha Lynn (1.30-2.30)	Anti-Oxidant Hot Stretch Vishal (1.30-2.30)		12.15PM-1.15PM	Anti-Oxidant Hot Twist Sumit (11.15-12.15)	Anti-Oxidant Hot Stretch & Twist Azad (10.30-11.30)
4.00PM-5.00PM	Anti-Oxidant Hot Flow Azad (3.30-4.30)	Anti-Oxidant Hot Yoga Azad (3.30-4.30)	Anti-Oxidant Hot Vinyasa Sumit (3.00-4.00)	Anti-Oxidant Hot Yoga Vishal (4.00-5.00)		1.30PM-2.30PM	Anti-Oxidant Hot Therapy Sumit (12.45-1.45)	Anti-Oxidant Hot Back Bend Amrit (12.00-1.00)
6.15PM-7.15PM	Anti-Oxidant Hot Yoga Azad	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Yoga Amrit	Anti-Oxidant Hot Back Bend Vishal		3.15PM-4.15PM	Anti-Oxidant Hot Stretch Amrit (2.15-3.15)	Anti-Oxidant Hot Stretch Tanu (1.30-2.30)
7.30PM-8.30PM	Anti-Oxidant Hot Back Bend Wynter (7.45-8.45)	Anti-Oxidant Hot Yoga Azad (7.45-8.45)	Anti-Oxidant Hot Twist Sumit (7.45-8.45)	Anti-Oxidant Hot Stretch Wynter (7.45-8.45)		4.45PM-5.45PM	Anti-Oxidant Hot Yoga Amrit (3.45-4.45)	Anti-Oxidant Hot Therapy Azad (3.15-4.15)

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

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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