



REAL YOGA'S CLASS SCHEDULE FOR 16TH NOVEMBER 2020 TO 22ND NOVEMBER 2020

STUDIO A TOA PAYOH								
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	CORPORATE CLASS Hatha (B) Liz		IN-STUDIO & ONLINE ZOOM HATHA (B) AZAD	STRETCH & SUN SALUTATION ADI (7.30-8.30)			Core Yoga Azad (8.00-9.00)	MORNING STRETCH ADI (8.00-9.00)
8.30AM-9.30AM	Yoga Twist Sumit (9.15-10.15)	CARDIO & CORE ADI	Yoga Stretch Kumar (9.30-10.30)	PILATES MATWORK ADI (9.00-10.00)		8.30AM-9.30AM	TRADITIONAL YOGA ADI (9.30-10.30)	PILATES MATWORK ADI (9.30-10.30)
10.30AM-11.30AM	Core & Strength Mantu (11.00-12.00)	Ashtanga (Primary Series) Cheryl (10.00-11.30)	PILATES MATWORK ADI (11.00-12.00)	HATHA (B) ADI (11.00-12.00)		9.45AM-10.45AM	PILATES MATWORK ADI (11.00-12.00)	Hatha (B) Mantu (11.00-12.00)
12.30PM-1.30PM	Hatha (M) Amrit	IN-STUDIO & ONLINE ZOOM YOGA THERAPY ADI	YOGA THERAPY ADI	Classic Hatha Amrit		11.00AM-12.00PM	IN-STUDIO & ONLINE ZOOM COMBAT ISSEY (12.30-1.30)	Yoga Twist Mantu (12.30-1.30)
2.00PM-3.00PM	Yoga Therapy Amrit	Back Bend Amrit	Back Bend & Twist Kumar	Yoga Twist Kumar		12.30PM-1.30PM	PRE & POSTNATAL YOGA TEACHER TRAINING 2020 (2.00-8.00)	PRE & POSTNATAL YOGA TEACHER TRAINING 2020 (2.00-8.00)
3.30PM-4.30PM	YIN YOGA ADI	Vinyasa(2) Sumit	Yoga Balance Kumar	IN-STUDIO & ONLINE ZOOM DEEP STRETCH MANTU		2.00PM-3.00PM		
5.15PM-6.15PM	IN-STUDIO & ONLINE ZOOM CORE & BALANCE MANTU (5.00-6.00)	Hatha (B) Amrit (5.00-6.00)	Yoga Dance Azad (5.00-6.00)	Inversion Sumit (5.00-6.00)		3.30PM-4.30PM		
6.30PM-7.30PM	HATHA (B) ADI	Core Yoga Mantu	Stretch & Twist Azad (7.00-7.45)	Yoga Stretch Sumit		5.00PM-6.00PM		
7.45PM-8.45PM	STRETCH & MEDITATION ADI (8.00-9.00)	IN-STUDIO & ONLINE ZOOM BACK BEND SAUMIK (8.00-9.00)	IN-STUDIO & ONLINE ZOOM HATHA (B) AZAD (8.00-9.00)	Yoga Wheel Mantu (8.00-9.00)		6.15PM-7.15PM		

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	(NON-HOT) IN-STUDIO & ONLINE ZOOM HATHA (B) AMRIT (7.30-8.30)	Hot Hatha Taru (7.30-8.30)	Hot Stretch Mantu (8.15-9.15)	Hot Vinyasa Mantu (8.30-9.30)		8.45AM-9.45AM	Hot Flow Azad (9.00-10.00)	Hot Yoga Mantu (9.00-10.00)
9.45AM-10.45AM	Hot Back Bend Mantu (9.00-10.00)	Hot Yoga Sumit (10.30-11.30)	HOT YIN YOGA ADI (9.45-10.45)	Hot Yoga Amrit (10.00-12.00)		10.30PM-11.30AM	Hot Yoga Mantu (10.30-11.30)	HOT YOGA ADI (10.30-11.30)
12.15PM-1.15PM	Hot Stretch Sumit (10.30-11.30)	Hot Core Sumit	Hot Yoga Kumar	Hot Stretch Sumit		12.00PM-1.00PM	Hot Stretch Mantu (12.00-1.00)	Hot Back Bend Sumit (12.00-1.00)
2.30PM-3.30PM	Hot Yoga Mantu (12.15-1.15)	Hot Hatha Angie				1.45PM-2.45PM	Hot Yoga Azad (1.30-2.30)	Hot Slimming Mantu (1.30-2.30)
4.30PM-5.30PM	HOT TWIST ADI	Hot Stretch Mantu	Hot Therapy Azad (3.45-4.45)	Hot Core Amrit		3.15PM-4.15PM	Hot Back Bend Mantu (3.00-4.00)	Hot Core & Strength Mantu (3.00-4.00)
6.00PM-7.00PM	Hot Yoga Sumit	Hot Twist Amrit (6.00-6.45)	Hot Yoga Azad (6.00-6.45)	Hot Yoga Mantu (6.00-6.45)		4.45PM-5.45PM	Hot Yoga Azad (4.30-5.30)	Hot Stretch Sumit (4.30-5.30)
7.15PM-8.15PM	Hot Stretch Amrit (7.30-8.30)	Hot Yoga Amrit (7.15-8.00)	Hot Flow Kumar (7.15-8.00)	Hot Slimming Mantu (7.15-8.00)		6.15PM-7.15PM		
8.30PM-9.30PM	Hot Stretch & Balance Sumit (9.00-9.45)	Hot Stretch Mantu (8.45-9.30)	Hot Power Kumar (8.30-9.15)	Hot Back Bend Sumit (8.30-9.30)				

PREMIER / IN-STUDIO & ONLINE ZOOM / ONLINE WORKSHOP								
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
	IN-STUDIO - TPV & ONLINE ZOOM HATHA (B) AMRIT (7.30-8.30)	IN-STUDIO - TP & ONLINE ZOOM SUN SALUTATION VISHAL (7.30-8.30)	IN-STUDIO - TPV & 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 & HANDBELTS 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 PURNA YOGA SAUMIK (10.30-12.00)
		IN-STUDIO - TPV & ONLINE ZOOM CARDIO & CORE ADI (12.30-1.30)						IN-STUDIO - JR & ONLINE ZOOM HATHA (B) KUMAR (12.15-1.00)
	IN-STUDIO - TPV & ONLINE ZOOM CORE & BALANCE MANTU (5.00-6.00)		IN-STUDIO - TP & ONLINE ZOOM YOGA STRETCH AMRIT (2.00-3.00)	IN-STUDIO - TPV & ONLINE ZOOM DEEP STRETCH MANTU (3.30-4.30)			IN-STUDIO - TPV & 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 KUMAR (3.30-4.30)	IN-STUDIO - JR & ONLINE ZOOM YOGA STRETCH VISHAL (4.30-5.30)
	IN-STUDIO - TP & ONLINE ZOOM YOGA STRETCH AZAD (8.15-9.15)	IN-STUDIO - TPV & ONLINE ZOOM HATHA (B) SAUMIK (8.00-9.00)	IN-STUDIO - TPV & 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.

(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%20studio>
 BOOKINGS FOR IN-STUDIO CLASSES CAN ALSO BE MADE VIA REAL YOGA APPS

