




 BLK-134 JURONG GATEWAY ROAD #01-311 SINGAPORE- 600134  
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**REAL YOGA'S CLASS SCHEDULE FOR 1ST FEBRUARY 2021 TO 7TH FEBRUARY 2021**

STUDIO A JURONG									
TIME	MONDAY 1ST FEB 2021	TUESDAY 2ND FEB 2021	WEDNESDAY 3RD FEB 2021	THURSDAY 4H FEB 2021	FRIDAY 5TH FEB 2021	WEEKEN D TIME	SATURDAY 6TH FEB 2021	SUNDAY 7TH FEB 2021	
7.30AM-8.30AM	Hatha (B) Cheryl	Yoga Twist Kumar	<b>CORPORATE CLASS</b> Yoga Stretch Vivi	Hot Back Bend & Twist Chandan					
8.30AM-9.30AM	Yoga Stretch Kumar (9.00-9.45)		Yoga Stretch Chandan (9.00-9.45)	Ashtanga (Priamry Series) Cheryl (9.00-10.30)		8.15AM-9.15AM	<b>IN-STUDIO &amp; ONLINE ZOOM</b> HATHA KUMAR	Stretch & Balance Chandan	
9.45AM-10.45AM	Hot Hatha Kumar (10.15-11.00)	Hot Core Kumar (9.00-9.45)	Hot Core & Strength Mantu (10.15-11.00)			9.45AM-10.45AM	Vinyasa Chandan	Hot Flow Kumar	
11.00AM-12.00PM	Vinyasa Chandan (11.30-12.15)	Deep Stretch Kumar (10.15-11.00)	Back Bend Mantu (11.30-12.15)	Hatha Flow Chandan (10.45-11.30)		11.15AM-12.00PM	Hot Back Bend Kumar	Hot Yoga Chandan	
12.15PM-1.15PM	Yoga Twist Chandan (12.45-1.30)	Back Bend Kumar (11.30-12.15)	Vinyasa Chandan (12.45-1.30)	Hatha (M) Chandan (12.00-1.00)		12.30PM-1.15PM	Core Yoga Kumar	<b>IN-STUDIO &amp; ONLINE ZOOM</b> HATHA (B) KUMAR	
1.30PM-2.30PM	Therapy For Shoulder Pain Chandan (1.45-2.30)	Yoga Wheel Kumar (12.45-1.45)	Hot Stretch Chandan (1.45-2.30)	Hatha (B) Chandan (1.30-2.15)		1.45PM-2.45PM	Yoga Stretch Chandan	Inversion Chandan	
2.45PM-3.45PM	Core Yoga Kumar	Hatha (2) Chandan (2.15-3.15)	Hatha (B) Chandan	Therapy Kumar (2.45-3.30)		3.15PM-4.15PM	Hot Yoga Kumar	Back Bend Chandan	
4.00PM-5.00PM	Hatha (M) Kumar	Hot Stretch Chandan (3.45-4.45)	Hatha (2) Mantu	Yoga Stretch Chandan (4.00-4.45)		4.45PM-5.45PM	Hot Slimming Chandan	<b>IN-STUDIO &amp; ONLINE ZOOM</b> YOGA STRETCH KUMAR	
5.15PM-6.15PM	Back Bend Chandan	Arm Balance Chandan	Hot Stretch Mantu	Hot Core Kumar (5.15-6.15)					
6.45PM-7.45PM	Hot Stretch Kumar	Hatha Flow Chandan	Hot Therapy Mantu	Hot Yoga Kumar					
8.15PM-9.15PM	Hot Yoga Chandan	Hot Stretch Chandan	Core Yoga Chandan	<b>IN-STUDIO &amp; ONLINE ZOOM</b> YOGA STRETCH KUMAR					

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://real yoga.punchpass.com> NOW!! (T&C Applies)  
**IN-STUDIO CLASS** BOOKING @ <https://onlinebooking.realyoga.com.sg/real yoga%20sportal>  
 BOOKINGS FOR IN-STUDIO CLASSES CAN ALSO BE MADE VIA REAL YOGA APPS  
 TEACHER SUMIT ON LEAVE

