



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735
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REAL YOGA'S CLASS SCHEDULE FOR 1ST FEBRUARY 2021 TO 7TH FEBRUARY 2021

Revision As On .31.01.2021

STUDIO A		TAMPINES							
TIME	MONDAY 1ST FEB 2021	TUESDAY 2ND FEB 2021	WEDNESDAY 3RD FEB 2021	THURSDAY 4H FEB 2021	FRIDAY 5TH FEB 2021	WEEKEND TIME	SATURDAY 6TH FEB 2021	SUNDAY 7TH FEB 2021	
7.30AM-8.30AM		IN-STUDIO & ONLINE ZOOM SUN SALUTATION VISHAL		IN-STUDIO & ONLINE ZOOM STRETCH & TONE AZAD					
8.30AM-9.30AM	Vinyasa Vishal (8.45-9.45)	Yin & Yang Linda (9.15-10.15)	Hatha (B) Vishal (8.45-9.45)			8.30AM-9.30AM	Yoga Stretch Su (8.00-9.00)	Morning Stretch Azad (8.00-9.00)	
10.30AM-11.30AM	Yoga Stretch Vishal (10.45-11.45)	Back Bend Vishal (10.45-11.45)	Therapy Vishal (11.15-12.15)	Back Bend Azad		9.45AM-10.45AM	Yin Yoga Su (9.30-10.30)	Core Yoga Azad (9.30-10.30)	
12.15PM-1.15PM	Therapy Azad	Core Yoga Azad	Yoga Twist Vishal (12.30-1.30)	Hatha (B) Vishal		11.00AM-12.00PM	Hatha (B) Sharon	Hatha Flow Vishal	
1.45PM-2.45PM	Hatha (B) Lydia (2.00-3.00)	Hatha (2) Azad (2.00-3.00)	Yoga Stretch Angie (2.00-3.00)	ARM BALANCE SAUMIK (1.30-2.30)		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 (3.45-4.45)	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 (2) Vishal (6.30-7.30)	Back Bend Mindy (6.30-7.30)	Hatha (B) Pei Lien (Trainee Teacher)	Yoga Twist Wynter (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)	Yoga Twist Sharon (8.00-9.00)	Yoga Twist Wynter	Hatha (2) Azad (8.00-9.00)		5.00PM-6.00PM			
7.45PM-8.45PM			Yoga Stretch Sharon (8.00-9.00)			6.30PM-7.30PM			

STUDIO B									
TIME	MONDAY 1ST FEB 2021	TUESDAY 2ND FEB 2021	WEDNESDAY 3RD FEB 2021	THURSDAY 4H FEB 2021	FRIDAY 5TH FEB 2021	WEEKEND TIME	SATURDAY 6TH FEB 2021	SUNDAY 7TH FEB 2021	
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 Yoga Angie	Anti-Oxidant Hot Slimming Azad		10.30AM-11.30AM	Anti-Oxidant Hot Back Bend 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 Stretch Vishal (2.30-3.30)		12.15PM-1.15PM	Anti-Oxidant Hot Stretch Cindy (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 Therapy Angie (3.00-4.00)	Anti-Oxidant Hot Yoga Vishal (4.00-5.00)		1.30PM-2.30PM	Anti-Oxidant Hot Hatha Cindy (12.45-1.45)	Anti-Oxidant Hot Hatha Liz (12.00-1.00)	
6.15PM-7.15PM	Anti-Oxidant Hot Yoga Azad	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Hatha Liz	Anti-Oxidant Hot Back Bend Vishal		3.15PM-4.15PM	Anti-Oxidant Hot Stretch & Balance Pee Yee (2.15-3.15)	Anti-Oxidant Hot Stretch Sharon (1.30-2.30)	
7.30PM-8.30PM	Anti-Oxidant Hot Hatha Pei Lien (Trainee Teacher) (7.45-8.45)	Anti-Oxidant Hot Yoga Azad (7.45-8.45)	Anti-Oxidant Hot Yoga Wynter (7.45-8.45)	Anti-Oxidant Hot Stretch Wynter (7.45-8.45)		4.45PM-5.45PM	Anti-Oxidant Hot Hatha Pee Yee (3.45-4.45)	Anti-Oxidant Hot Therapy Azad (3.30-4.30)	

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.

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