



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735
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REAL YOGA'S CLASS SCHEDULE FOR 12TH APRIL 2021 TO 18TH APRIL 2021

STUDIO A TAMPINES REVISION AS ON 12.04.2021

TIME	MONDAY 12TH APR 2021	TUESDAY 13TH APR 2021	WEDNESDAY 14TH APR 2021	THURSDAY 15TH APR 2021	FRIDAY 16TH APR 2021	WEEKEND TIME	SATURDAY 17TH APR 2021	SUNDAY 18TH APR 2021
7.30AM - 8.30AM	CORPORATE CLASS Hatha (B) Carmen	IN-STUDIO & VIRTUAL ONLINE SUN SALUTATION VISHAL		IN-STUDIO & VIRTUAL ONLINE STRETCH & TONE AZAD				
8.30AM - 9.30AM	Vinyasa Vishal (9.00-10.00)	Yin & Yang Linda (9.15-10.15)	Hatha (B) Vishal (8.45-9.45)	Power (B) Azad (9.00-10.00)		8.30AM - 9.30AM	Yoga Stretch Su (8.00-9.00)	Morning Stretch Azad (7.45-8.45)
10.30AM - 11.30AM	Yoga Twist Vishal (11.00-12.00)	Back Bend Vishal (10.45-11.45)	Therapy Vishal (11.15-12.15)	Back Bend Azad (11.00-12.00)		9.45AM - 10.45AM	Yin Yoga Su (9.30-10.30)	Core Yoga Azad (9.15-10.15)
12.15PM - 1.15PM	Therapy Azad (12.30-1.30)	Core Yoga Azad	Yoga Twist Vishal (12.30-1.30)	Stretch & Twist Azad (12.30-1.30)		11.00AM - 12.00PM	Shoulder & Hip Opening Sam	Hatha Flow Vishal
1.45PM - 2.45PM	Hatha (B) Lydia (2.00-3.00)	Hatha (2) Azad (2.00-3.00)	CORPORATE CLASS Yoga Therapy Angie (2.00-3.00)	HATHA (M) SAUMIK (2.00-3.00)		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	Yoga Balance Azad
5.00PM - 6.00PM	Vinyasa Vishal (6.30-7.30)	Back Bend Mindy (6.30-7.30)	Yin & Sound Therapy Angie	Yoga Twist Wynter (6.30-7.30)		3.30PM - 4.30PM	IN-STUDIO & VIRTUAL ONLINE DEEP STRETCH VISHAL	Inversion Vishal (3.15-4.15)
6.30PM - 7.30PM	IN-STUDIO & VIRTUAL ONLINE YOGA STRETCH AZAD (8.15-9.15)	Inversion (Basic) Wynter (8.00-9.00)	Inversion (Basic) Wynter	Hatha (2) Azad (8.00-9.00)		5.00PM - 6.00PM		
7.45PM - 8.45PM			Yoga Stretch Rhooh (8.00-9.00)			6.30PM - 7.30PM		

STUDIO B

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7.15AM - 8.15AM	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)		Anti-Oxidant Hot Stretch Vishal (7.30-8.30)	CORPORATE CLASS Yoga Stretch Kedey (7.30-8.30)				
9.45AM - 10.45AM	Anti-Oxidant Hot Hatha Azad (10.00-11.00)	Anti-Oxidant Hot Vinyasa Vishal (8.30-9.30)	Anti-Oxidant Hot Core Vishal (10.00-11.00)			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 Core Lucas	ANTI-OXIDANT HOT YOGA SAUMIK		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 (1.30-2.30)		12.15PM - 1.15PM	Anti-Oxidant Hot Stretch Rhooh (11.15-12.15)	Anti-Oxidant Hot Stretch & Twist Wynter (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 Stretch Lucas (3.00-4.00)	Anti-Oxidant Hot Yoga Vishal (4.00-5.00)		1.30PM - 2.30PM	Anti-Oxidant Hot Twist Pei Lien (Trainee Teacher) (12.45-1.45)	Anti-Oxidant Hot Back Bend Wynter (12.15-1.15)
6.15PM - 7.15PM	Anti-Oxidant Hot Yoga Azad	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Yoga Angie	Anti-Oxidant Hot Back Bend Vishal		3.15PM - 4.15PM	Anti-Oxidant Hot Stretch Sue (2.15-3.15)	Anti-Oxidant Hot Stretch Wynter (1.45-2.45)
7.30PM - 8.30PM	Anti-Oxidant Hot Back Bend Wynter (7.45-8.45)	Anti-Oxidant Hot Yoga Sue (7.45-8.45)	Anti-Oxidant Hot Twist Wynter (7.45-8.45)	Anti-Oxidant Hot Stretch Wynter (7.45-8.45)		4.45PM - 5.45PM	Anti-Oxidant Hot Hatha Sue (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.

(FREE FOR MEMBER) **VIRTUAL ONLINE CLASS BOOKING** @ <https://realyoga.punchpass.com> NOW!! (T&C Applies)
IN-STUDIO CLASS BOOKING @ <https://onlinebooking.realyoga.com.sg/realyoga%20portal>

