



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735  
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**REAL YOGA'S CLASS SCHEDULE FOR 5TH APRIL 2021 TO 11TH APRIL 2021**

Revision As On 07.04.2021

**STUDIO A**

**TAMPINES**

TIME	MONDAY 5TH APR 2021	TUESDAY 6TH APR 2021	WEDNESDAY 7TH APR 2021	THURSDAY 8TH APR 2021	FRIDAY 9TH APR 2021	WEEKEND TIME	SATURDAY 10TH APR 2021	SUNDAY 11TH APR 2021
7.30AM-8.30AM	<b>CORPORATE CLASS</b> Hatha (B) Carmen	<b>IN-STUDIO &amp; ONLINE ZOOM</b> SUN SALUTATION VISHAL		<b>IN-STUDIO &amp; ONLINE ZOOM</b> 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 Stretch 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)	<b>CORPORATE CLASS</b> Yoga Therapy Angie (2.00-3.00)	<b>HATHA (M)</b> 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) Lydia (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	<b>IN-STUDIO &amp; ONLINE ZOOM</b> DEEP STRETCH VISHAL	Inversion Vishal (3.15-4.15)
6.30PM-7.30PM	<b>IN-STUDIO &amp; ONLINE ZOOM</b> YOGA STRETCH AZAD (8.15-9.15)	Yoga Twist 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 Rhoo (8.00-9.00)			6.30PM-7.30PM		

**STUDIO B**

TIME	MONDAY 5TH APR 2021	TUESDAY 6TH APR 2021	WEDNESDAY 7TH APR 2021	THURSDAY 8TH APR 2021	FRIDAY 9TH APR 2021	WEEKEND TIME	SATURDAY 10TH APR 2021	SUNDAY 11TH APR 2021
7.15AM - 8.15AM	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)		Anti-Oxidant Hot Stretch Vishal (7.30-8.30)	<b>CORPORATE CLASS</b> Yoga Stretch Carmen (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	<b>ANTI-OXIDANT</b> 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 Rhoo (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 Sharon (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.

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