



#02-17, YO-HA Commercial @ Tampines (528893)
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IN-STUDIO & VIRTUAL

REAL YOGA'S CLASS SCHEDULE FOR 9TH OCT TO 15TH OCT 2023

STUDIO A

TAMPINES

YOGA

| TIME | MONDAY 16TH OCT 2023 | TUESDAY 17TH OCT 2023 | WEDNESDAY 18TH OCT 2023 | THURSDAY 19TH OCT 2023 | FRIDAY 20TH OCT 2023 | WEEKEND TIME | SATURDAY 21ST OCT 2023 | SUNDAY 22ND OCT 2023 |
|---------------------|-------------------------|--------------------------|----------------------------|---------------------------|--------------------------|---------------------|--|----------------------------|
| 8.00AM- 9.00AM | | | | | HATHA (B) LYDIA | | | |
| 9.30AM- 10.30AM | | | | | YOGA THERAPY LYDIA | 8.30AM- 9.30AM | HATHA (B) MADELINE | SUN SALUTATION MADELINE |
| 11.00AM- 12.00PM | | | | | HOT YOGA AMIT | 10.00AM- 11.00AM | SPECIAL BODY OPENING SAUMIK (10.00-11.30) | HOT YOGA MADELINE |
| 12.30PM- 1.30PM | | | | | YOGA STRETCH AMIT | 11.30AM- 12.30PM | YOU ARE INVITED TO OUR SOFT OPENING | HOT STRETCH AMIT |
| 2.00PM- 3.00PM | | | | | | 1.00PM- 2.00PM | YOGA STRETCH MADELINE (12.00-1.00) | CORE YOGA AMIT |
| 3.30PM- 4.30PM | | | | | STRETCH & TWIST LYDIA | 2.30PM- 3.30PM | SPECIAL THERAPY LYDIA (1.30-2.30) | BACKBEND AMIT |
| 5.00PM- 6.00PM | | | | | HATHA (B) AMIT | 4.00PM- 5.00PM | SPECIAL HOT TWIST AMIT (2.45-3.45) | HATHA FLOW AMIT |
| 6.15PM- 7.15PM | | | | | HOT BACKBEND AMIT | 5.30PM- 6.30PM | HOT YOGA AMIT (4.00-5.00) | |
| 7.30PM- 8.30PM | | | | | HOT YOGA AMIT | | | |

STUDIO B

TAMPINES

PILATES

| TIME | MONDAY 16TH OCT 2023 | TUESDAY 17TH OCT 2023 | WEDNESDAY 18TH OCT 2023 | THURSDAY 19TH OCT 2023 | FRIDAY 20TH OCT 2023 | WEEKEND TIME | SATURDAY 21ST OCT 2023 | SUNDAY 22ND OCT 2023 |
|---------------------|-------------------------|--------------------------|----------------------------|---------------------------|-------------------------|---------------------|---|-----------------------------------|
| 8.00AM- 9.00AM | | | | | | 9.00AM- 10.00AM | SPECIAL REFORMER PILATES ADI (11.00-12.00) | |
| 10.00AM- 11.00AM | | | | | | 11.00AM- 12.00PM | SPECIAL REFORMER PILATES ADI (12.30-1.30) | REFORMER PILATES (10.00-11.00) |
| 6.00PM- 7.00PM | | | | | | 1.00PM- 2.00PM | SPECIAL REFORMER PILATES ADI (2.00-3.00) | REFORMER PILATES (12.00-1.00) |
| 8.00PM- 9.00PM | | | | | | 3.00PM- 4.00PM | SPECIAL REFORMER PILATES ADI (3.30-4.30) | |

DEAR VALUED MEMBERS:

*PLEASE ARRIVE 10 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 BOOKINGS