



**REAL YOGA'S CLASS SCHEDULE FOR 4TH MARCH 2019 TO 10TH MARCH 2019**

**STUDIO A CENTREPOINT**

TIME	MONDAY 4TH MAR 2019	TUESDAY 5TH MAR 2019	WEDNESDAY 6TH MAR 2019	THURSDAY 7TH MAR 2019	FRIDAY 8TH MAR 2019	WEEKEND	SATURDAY 9TH MAR 2019	SUNDAY 10TH MAR 2019
7.30AM-8.30AM	Yoga Stretch Su		Sun Salutation Amrit	Vinyasa Amrit	Sun Salutation Rajeev			
8.30AM-9.30AM	Yin Yoga Su (8.30-10.00)	Yoga Stretch Chandan	<b>YOGA STRETCH ADI</b>	<b>NEW CLASS!!</b> HIYT Amrit (8.45-9.30)	Hatha (B) Rajeev	8.30AM-9.30AM	Yoga Stretch Vishal	Sun Salutation Micheas (9.00-10.00)
10.30AM-11.30AM	<b>ADVANCED SAUMIK (10.15-12.00)</b>	Arm Balance Chandan (11.00-12.00)	<b>TRADITIONAL YOGA ADI (11.00-12.00)</b>	Yoga Stretch Chandan (10.30-12.00)	Yin Yoga Amrit (10.30-12.00)	9.45AM-10.45AM	Stretch & Twist Vishal	<b>PURNA SAUMIK (10.30-12.00)</b>
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit (12.00-1.30)	<b>PILATES MATWORK ADI (12.15-1.15)</b>	Hatha (B) Amrit	Yoga Stretch Rajeev	11.00AM-12.00PM	<b>COMBAT Issey (MEMBERS ONLY) (11.15-12.15)</b>	
2.00PM-3.00PM	Hatha (B) Amrit	Therapy Chandan	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Chandan	Stretch & Balance Amrit	12.30PM-1.30PM	Hatha (B) Sumit (1.00-2.00)	Back Bend Su (All Level)
3.30PM-4.30PM	Yin Yoga Sumit	Hatha (B) Amrit	Yoga Stretch Sumit	Hatha (M) Chandan		2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Su (All Level)
5.15PM-6.15PM	<b>NEW CLASS!!</b> HIYT Sumit (5.00-5.45)	Back Bend Amrit	Back Bend Sumit (4.45-5.45)	Yin Yoga SAUMIK (5.00-6.30)	<b>ADVANCED SAUMIK (4.30-6.00)</b>	3.30PM-4.30PM	<b>BODY OPENING SAUMIK (3.30-4.45)</b>	Yin Yoga Amrit
6.30PM-7.30PM	<b>ZUMBA (MEMBERS ONLY)</b>	<b>NEW CLASS!!</b> HIYT Amrit (6.45-7.30)	<b>YOGA STRETCH SAUMIK (6.45-7.45)</b>	<b>HATHA (B) SAUMIK (6.45-7.45)</b>	<b>BOOK NOW!!</b> <b>INTERNATIONAL WOMEN'S DAY YOGA WORKSHOP BY SU (6.30-8.00)</b>	5.00PM-6.00PM		
7.45PM-8.45PM	Alignment Hatha Basic Amrit (7.45-9.15)	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	Hatha (2) Sumit (8.00-9.15)	<b>HATHA (M) SAUMIK (8.00-9.00)</b>		6.15PM-7.15PM		
9.00PM-10.00PM					<b>COMBAT Issey (MEMBERS ONLY) (8.15-9.30)</b>	7.30PM-8.30PM		

**STUDIO B**

TIME	MONDAY 4TH MAR 2019	TUESDAY 5TH MAR 2019	WEDNESDAY 6TH MAR 2019	THURSDAY 7TH MAR 2019	FRIDAY 8TH MAR 2019	WEEKEND	SATURDAY 9TH MAR 2019	SUNDAY 10TH MAR 2019
7.15AM-8.15AM		Hot Yoga Chandan (7.30-8.30)				8.45AM-9.45AM	Hot Flow Rayern (Trainee Teacher) (8.00-9.00)	Hot Stretch Amrit
9.45AM-10.45AM	Hot Yoga Sumit	Hot Back Bend Chandan	Hot Flow Amrit	Hot Yoga Amrit	Hot Stretch Rajeev	10.30AM-11.30AM	Hot Back Bend Sumit (10.45-11.45)	Hot Yoga Micheas (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Su	Hot Stretch Chandan	Hot Stretch Sumit	Hot Core Chandan	Hot Yoga Amrit	12.00PM-1.00PM	Hot Vinyasa Vishal	<b>HOT STRETCH SAUMIK (12.15-1.30)</b>
6.00PM-7.00PM	Hot Stretch Amrit	Hot Flow Su	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Amrit (6.15-7.15)	Hot Yoga Issey (6.30-7.30)	1.45PM-2.45PM	Hot Stretch Vishal	Hot Slimming Amrit (2.00-3.00)
7.15PM-8.15PM	Hot Core Sumit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Su (MEMBERS ONLY)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot ABT Amrit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Sumit (MEMBERS ONLY)	3.15PM-4.15PM	Hot Yoga Vishal (3.30-4.30)	Hot Stretch Su
8.45PM-9.45PM	Hot Stretch Sumit	Hot Yoga Amrit	<b>HOT BACK BEND SAUMIK (8.15-9.15)</b>	Hot Yoga Amrit		4.45PM-5.45PM	Hot Stretch Sumit	Hot Yoga Amrit (4.30-5.30)

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.  
 \* Please call at least 4 hours in advance if you wish to cancel any class booking.

Teacher Pravesh On Leave From 03/03/2019 - 22/03/2019

