



 176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843 WEBSITE: www.realyoga.com.sg Tel: 65-6734 2853								
REAL YOGA'S CLASS SCHEDULE FOR 25TH FEBRUARY 2019 TO 3RD MARCH 2019								
STUDIO A CENTREPOINT							Revision 1 As On 26.02.2019	
TIME	MONDAY 25TH FEB 2019	TUESDAY 26TH FEB 2019	WEDNESDAY 27TH FEB 2019	THURSDAY 28TH FEB 2019	FRIDAY 1ST MAR 2019	WEEKEND	SATURDAY 2ND MAR 2019	SUNDAY 3RD MAR 2019
7.30AM-8.30AM	Yoga Stretch Amrit		Sun Salutation Lim (Trainee Teacher)	Vinyasa Pravesh	Sun Salutation Amrit			
8.30AM-9.30AM	Hatha Amrit	Yoga Stretch Pravesh	Yoga Stretch Amrit	NEW CLASS!! HIYT Amrit (8.45-9.30)	SELF PRACTICE Ashtanga LED (8.30-10.00)	8.30AM-9.30AM	Yoga Stretch Su	Sun Salutation Micheas (9.00-10.00)
10.30AM-11.30AM	ADVANCED SAUMIK (10.15-12.00)	CLASS CANCELLED	Hatha (B) Clara (11.00-12.00)	Yoga Stretch Pravesh (10.30-12.00)	Yin Yoga Amrit (11.00-12.00)	9.45AM-10.45AM	Hatha (B) Su	PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha Amrit (12.15-1.30)	Traditional Yoga Amrit (12.15-1.15)	Hatha (B) Yan (Trainee Teacher)	Yoga Stretch Amrit	11.00AM-12.00PM	COMBAT Issey (MEMBERS ONLY) (11.15-12.15)	
2.00PM-3.00PM	Hatha (B) Amrit	Therapy Gaur	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Su	Hatha (2) 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 Satva Pravesh	Yoga Stretch Amrit	Hatha (M) Amrit	CLASS CANCELLED	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Su (All Level)
5.15PM-6.15PM	NEW CLASS!! HIYT Sumit (5.00-5.45)	CLASS CANCELLED	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	ADVANCED SAUMIK (5.00-6.15)	3.30PM-4.30PM	BODY OPENING SAUMIK (3.30-4.45)	Yin Yoga Amrit
6.30PM-7.30PM	ZUMBA (MEMBERS ONLY)	NEW CLASS!! HIYT Amrit (6.45-7.30)	YOGA STRETCH SAUMIK (6.45-7.45)	BODY OPENING SAUMIK (6.45-7.45)	Yoga Twist Amrit	5.00PM-6.00PM	CLASS CANCELLED	
7.45PM-8.45PM	Alignment Hatha Basic Amrit (7.45-9.15)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (B) Sumit (8.00-9.00)	HATHA (M) SAUMIK (8.00-9.00)	COMBAT Issey (MEMBERS ONLY) (7.45-9.00)	6.15PM-7.15PM		
9.00PM-10.00PM			Hatha (2) Sumit (9.15-10.15)			7.30PM-8.30PM		
STUDIO B								
TIME	MONDAY 25TH FEB 2019	TUESDAY 26TH FEB 2019	WEDNESDAY 27TH FEB 2019	THURSDAY 28TH FEB 2019	FRIDAY 1ST MAR 2019	WEEKEND	SATURDAY 2ND MAR 2019	SUNDAY 3RD MAR 2019
7.15AM-8.15AM		Hot Yoga Pravesh (7.30-8.30)						
9.45AM-10.45AM	Hot Yoga Sumit	Hot Back Bend Pravesh	Hot Flow Amrit	Hot Yoga Amrit	CLASS CANCELLED	8.45AM-9.45AM	Hot Flow Rayern (Trainee Teacher) (8.00-9.00)	Hot Stretch Amrit
12.15PM-1.15PM	Hot Yoga Amrit	CLASS CANCELLED	Hot Stretch Sumit	Hot Satva Pravesh	Hot Yoga Clara	10.30AM-11.30AM	Hot Back Bend Sumit (10.45-11.45)	Hot Yoga Micheas (10.15-11.15)
4.00PM-5.00PM						12.00PM-1.00PM	Hot Yoga Su	HOT STRETCH SAUMIK (12.15-1.30)
6.00PM-7.00PM	Hot Stretch Amrit	Hot Flow Alycia	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Su (6.15-7.15)	Hot Yoga Issey (6.30-7.30)	1.45PM-2.45PM	Hot Yin Yoga Su	Hot Slimming Amrit (2.00-3.00)
7.15PM-8.15PM	Hot Core Sumit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Alycia (MEMBERS ONLY)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Stretch & Tone Su (MEMBERS ONLY) (7.30-8.30)	HOT STRETCH SAUMIK (MEMBERS ONLY) (7.45-9.15)	3.15PM-4.15PM	Hot Yoga Clara (3.30-4.30)	Hot Stretch Su
8.45PM-9.45PM	Hot Stretch Sumit	Hot Yoga Amrit	HOT BACK BEND SAUMIK (8.15-9.15)	Hot Yoga Amrit	CLASS CANCELLED	4.45PM-5.45PM	Hot Stretch Sumit (5.00-6.00)	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 Adi On Leave From 23/02/2019 - 02/03/2019 Teacher Pravesh On Leave From 03/03/2019 - 22/03/2019								

