



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 MARCH 2019 TO 31ST MARCH 2019**

**STUDIO A CENTREPOINT**

TIME	MONDAY 25TH MAR 2019	TUESDAY 26TH MAR 2019	WEDNESDAY 27TH MAR 2019	THURSDAY 28TH MAR 2019	FRIDAY 29TH MAR 2019	WEEKEND	SATURDAY 30TH MAR 2019	SUNDAY 31ST MAR 2019
7.30AM-8.30AM	Yoga Stretch John		Sun Salutation Lim (Trainee Teacher)	Vinyasa Pravesh	Sun Salutation John			
8.30AM-9.30AM	<b>ALL LEVELS</b> Ashtanga (Mysore Style) John (8.30-10.00)	Yoga Stretch Pravesh	Yoga Stretch Amrit	<b>NEW CLASS!!</b> HIYT Amrit (8.45-9.30)	<b>ALL LEVELS</b> Ashtanga (Mysore Style) John (8.30-10.00)	8.30AM-9.30AM	Yoga Stretch John (8.00-9.00)	Hatha (B) YS (Trainee Teacher) (9.00-10.00)
10.30AM-11.30AM	<b>ADVANCED SAUMIK</b> (10.15-12.00)	<b>ALL LEVELS</b> Ashtanga (Mysore Style) John (10.00-11.30)	<b>TRADITIONAL YOGA ADI</b> (11.00-12.00)	Yoga Stretch Pravesh (10.30-12.00)	<b>ADVANCED SAUMIK</b> (10.30-12.00)	9.45AM-10.45AM	Ashtanga LED John (9.00-10.45)	<b>PURNA SAUMIK</b> (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit (12.00-1.30)	<b>YOGA THERAPY &amp; MEDITATION ADI</b> (12.15-1.15)	Hatha (B) Yan (Trainee Teacher)	Yoga Stretch Deep	11.00AM-12.00PM	COMBAT Issey (MEMBERS ONLY)	
2.00PM-3.00PM	Hatha (B) Amrit	Therapy Amrit	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Amrit	Hatha Satva Pravesh	12.30PM-1.30PM	Hatha (B) Sumit (1.00-2.00)	Back Bend Pravesh (All Level)
3.30PM-4.30PM	Yin Yoga Sumit	Hatha Satva Pravesh	Yoga Stretch Sumit	Hatha (M) Pravesh	Yoga For Lower Body Deep	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Pravesh (All Levels)
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 Su (5.00-6.00)	Hatha (B) Deep (5.00-6.00)	3.30PM-4.30PM	<b>BODY OPENING SAUMIK</b> (3.30-4.45)	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</b> (6.45-7.45)	Hatha (B) SAUMIK (6.45-7.45)	Yoga Twist Pravesh	5.00PM-6.00PM	Yoga Stretch Sumit (4.45-5.45)	Hatha (M) Pravesh
7.45PM-8.45PM	Alignment Hatha Basic Amrit (7.45-9.15)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (2) Sumit (8.00-9.15)	<b>HATHA (M) SAUMIK</b> (8.00-9.00)	COMBAT Issey (MEMBERS ONLY) (7.45-9.00)	6.15PM-7.15PM		<b>TEACHER'S MEETING @ 6.30PM</b>
9.00PM-10.00PM						7.30PM-8.30PM		

**STUDIO B**

TIME	MONDAY 25TH MAR 2019	TUESDAY 26TH MAR 2019	WEDNESDAY 27TH MAR 2019	THURSDAY 28TH MAR 2019	FRIDAY 29TH MAR 2019	WEEKEND	SATURDAY 30TH MAR 2019	SUNDAY 31ST MAR 2019
7.15AM-8.15AM		Hot Yoga Pravesh (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 Pravesh	Hot Flow Amrit	Hot ABT Amrit	Hot Stretch Deep	10.30AM-11.30AM	Hot Back Bend Sumit (10.45-11.45)	Hot Yoga YS (Trainee Teacher) (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch John	Hot Stretch Sumit	Hot Satva Pravesh	Hot Yoga Clara	12.00PM-1.00PM	Hot Yoga Su	<b>HOT STRETCH SAUMIK</b> (12.15-1.30)
6.00PM-7.00PM	Hot Stretch Amrit	Hot Flow Su	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 Stretch Su	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 Stretch & Tone Su (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Pravesh (MEMBERS ONLY) (7.30-8.30)	3.15PM-4.15PM	Hot Yoga Sumit (3.30-4.30)	Hot Stretch Pravesh
8.45PM-9.45PM	Hot Stretch Sumit	Hot Yoga Amrit	<b>HOT BACK BEND SAUMIK</b> (8.15-9.15)	Hot Core Amrit	Hot Back Bend Pravesh (9.00-10.00)	4.45PM-5.45PM		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 Chandan On Leave From 21/03/2019 - 04/04/2019

