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**REAL YOGA'S CLASS SCHEDULE FOR 11TH MARCH 2019 TO 17TH MARCH 2019**

Revision As On 14.03.2019

**STUDIO A**

TIME	MONDAY 11TH MAR 2019	TUESDAY 12TH MAR 2019	WEDNESDAY 13TH MAR 2019	THURSDAY 14TH MAR 2019	FRIDAY 15TH MAR 2019	WEEKEND	SATURDAY 16TH MAR 2019	SUNDAY 17TH MAR 2019
7.30AM-8.30AM	Yoga Stretch Amrit		Sun Salutation Lim (Trainee Teacher)	Vinyasa Amrit	Sun Salutation Lim (Trainee Teacher)			
8.30AM-9.30AM	Yin Yoga Amrit (8.30-10.00)	Yoga Stretch Chandan	<b>YOGA STRETCH ADI</b>	<b>NEW CLASS!!</b> HIYT Amrit (8.45-9.30)	<b>SELF PRACTICE</b> Ashtanga LED (8.30-10.00)	8.30AM-9.30AM	Yoga Stretch Vishal	Hatha (B) YS (9.00-10.00)
10.30AM-11.30AM	<b>ADVANCED SAUMIK</b> (10.15-12.00)	Arm Balance Chandan (11.00-12.00)	<b>TRADITIONAL YOGA ADI</b> (11.00-12.00)	Yoga Stretch Chandan (10.30-12.00)	<b>ADVANCED SAUMIK</b> (10.30-12.00)	9.45AM-10.45AM	Stretch & Twist Vishal	<b>PURNA SAUMIK</b> (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit (12.00-1.30)	<b>PILATES MATWORK ADI</b> (12.15-1.15)	Hatha (B) Yan (Trainee Teacher)	Yoga Stretch Su	11.00AM-12.00PM	<b>COMBAT Issey</b> (MEMBERS ONLY) (11.15-12.15)	
2.00PM-3.00PM	Hatha (B) Amrit	Therapy Chandan	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Chandan	Stretch & Balance Su (1.45-2.45)	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	Stretch & Balance Su	<b>CORPORATE</b> (3.00-4.30)	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 Su (5.00-6.00)	Yin Yoga Su (5.00-6.15)	3.30PM-4.30PM	<b>BODY OPENING SAUMIK</b> (3.30-4.45)	Yin Yoga Amrit
6.30PM - 7.30PM	<b>ZUMBA</b> (MEMBERS ONLY)	<b>NEW CLASS!!</b> HIYT Amrit (6.45-7.30)	<b>YOGA STRETCH Amrit</b> (6.45-7.45)	Hatha (B) SAUMIK (6.45-7.45)	Yoga Twist Amrit	5.00PM-6.00PM		
7.45PM-8.45PM	Alignment Hatha Basic Amrit (7.45-9.15)	<b>COMBAT Issey</b> (MEMBERS ONLY) (7.45-8.45)	Hatha (2) Sumit (8.00-9.15)	<b>HATHA (M) SAUMIK</b> (8.00-9.00)	<b>COMBAT Issey</b> (MEMBERS ONLY) (7.45-9.00)	6.15PM-7.15PM		
9.00PM-10.00PM						7.30PM-8.30PM		

**STUDIO B**

TIME	MONDAY 11TH MAR 2019	TUESDAY 12TH MAR 2019	WEDNESDAY 13TH MAR 2019	THURSDAY 14TH MAR 2019	FRIDAY 15TH MAR 2019	WEEKEND	SATURDAY 16TH MAR 2019	SUNDAY 17TH MAR 2019
7.15AM-8.15AM		Hot Yoga Chandan (7.30-8.30)				8.45AM-9.45AM	Hot Flow Su (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 Yoga Lucas	10.30AM-11.30AM	Hot Back Bend Sumit (10.45-11.45)	Hot Yoga Li Leng (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Su	Hot Stretch Chandan	Hot Stretch Sumit	Hot Core Chandan		12.00PM-1.00PM	Hot Vinyasa Vishal	<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 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 Stretch & Tone Su (MEMBERS ONLY) (7.30-8.30)	<b>HOT STRETCH SAUMIK</b> (MEMBERS ONLY) (7.45-9.15)	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 Amrit</b> (8.15-9.15)	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

