



 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 20TH MAY 2019 TO 26TH MAY 2019								
STUDIO A		CENTREPOINT						Revision As On 23.05.2019
TIME	MONDAY 20TH MAY 2019	TUESDAY 21ST MAY 2019	WEDNESDAY 22ND MAY 2019	THURSDAY 23RD MAY 2019	FRIDAY 24TH MAY 2019	WEEKEND	SATURDAY 25TH MAY 2019	SUNDAY 26TH MAY 2019
7.30AM-8.30AM	VESAK DAY PUBLIC HOLIDAY!!		Sun Salutation RH	Vinyasa Pravesh	Sun Salutation John			
8.30AM-9.30AM	Yoga Stretch John	Yoga Stretch Pravesh	Yoga Stretch Amrit	HIYT Amrit (8.45-9.30)	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	8.30AM-9.30AM	Yoga Stretch John (8.00-9.00)	Yoga Stretch Amrit (9.00-10.00)
10.30AM-11.30AM	ALL LEVELS! Ashtanga (Mysore Style) John (9.30-11.00)	ALL LEVELS! Ashtanga (Mysore Style) John (10.00-11.30)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Pravesh (10.30-12.00)	ADVANCED SAUMIK (10.30-12.00)	9.45AM-10.45AM	Ashtanga LED John (9.15-11.00)	PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Hatha (B) John (11.15-12.15) ----- Yoga Stretch Amrit (12.30-1.30)	Hatha (M) Amrit (12.00-1.30)	PILATES MATWORK ADI (12.15-1.15)	Hatha (B) Amrit	Yoga Stretch RH	11.00AM-12.00PM	Therapy RH (11.15-12.15)	
2.00PM-3.00PM	ADVANCED SAUMIK (2.00-3.30)	Yoga Therapy John	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Amrit	Hatha (B) RH	12.30PM-1.30PM	Hatha (B) Sumit (1.00-2.00)	Back Bend Pravesh (All Level)
3.30PM-4.30PM	Yoga Balance Sumit (3.45-4.45)	Hatha Satva Pravesh	Yoga Stretch Sumit	Hatha (M) Pravesh	Vinyasa John	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Pravesh (All Levels)
5.15PM-6.15PM	Hatha (2) Sumit (5.00-6.00)	Vinyasa John (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) John	3.30PM-4.30PM	Yoga Stretch Sumit (3.30-4.45)	NEW CLASS! ALL LEVELS! Yoga For Runner Amrit
6.30PM-7.30PM		HIYT Amrit (6.45-7.30)	YOGA STRETCH SAUMIK (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Stretch & Twist Su	5.00PM-6.00PM	Hatha (B) John	Hatha (M) Pravesh
7.45PM-8.45PM		COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (2) Sumit (8.00-9.15)	HATHA (M) SAUMIK (8.00-9.00)	Yoga Stretch Amrit (7.45-9.00)	6.15PM-7.15PM		
9.00PM-10.00PM						7.30PM-8.30PM		
STUDIO B								
TIME	MONDAY 20TH MAY 2019	TUESDAY 21ST MAY 2019	WEDNESDAY 22ND MAY 2019	THURSDAY 23RD MAY 2019	FRIDAY 24TH MAY 2019	WEEKEND	SATURDAY 25TH MAY 2019	SUNDAY 26TH MAY 2019
7.15AM-8.15AM	Hot Slimming Amrit (8.45-9.45)	Hot Yoga Pravesh (7.30-8.30)	Hot Yoga RH (8.30-9.30)			8.45AM-9.45AM	Hot Flow RH (8.00-9.00)	Hot Hatha Fleur (Trainee Teacher)
9.45AM-10.45AM	Hot Yoga Sumit (10.15-11.15)	Hot Back Bend Pravesh	Hot Yoga Amrit	Hot ABT Amrit	Hot Stretch RH	10.30AM-11.30AM	Hot Back Bend RH (9.30-10.30)	Hot Yoga RH (10.15-11.15)
12.15PM-1.15PM	Hot Back Bend Sumit (12.00-1.00)	Hot Stretch John	Hot Stretch RH	Hot Satva Pravesh	Hot Yoga John	12.00PM-1.00PM	Hot Yoga RH (12.30-1.30)	Hot Stretch RH (12.15-1.30)
6.00PM-7.00PM	Hot Stretch Sumit (1.30-2.30)	Hot Yoga John	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Su (6.15-7.15)	Hot Yoga RH (6.15-7.15)	1.45PM-2.45PM	Hot Stretch John	Hot Slimming Amrit (2.00-3.00)
7.15PM-8.15PM	Hot Core John (3.00-4.00)	Hot Stretch Amrit (MEMBERS ONLY) (7.30-8.30)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Yoga Amrit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Su (MEMBERS ONLY) (7.45-8.45)	3.15PM-4.15PM	Hot Vinyasa John (3.30-4.30)	Hot Stretch Pravesh
8.45PM-9.45PM	Hot Stretch John (4.30-5.30)	Hot Yoga Amrit	HOT BACK BEND SAUMIK (8.15-9.15)	Hot Back Bend Amrit	Hot Back Bend Amrit (9.00-10.00)	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 Issey On Leave From 22/05/2019 - 01/06/2019								

