



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843

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REAL YOGA'S CLASS SCHEDULE FOR 27TH MAY 2019 TO 2nd JUNE 2019

STUDIO A CENTREPOINT								
TIME	MONDAY 27TH MAY 2019	TUESDAY 28TH MAY 2019	WEDNESDAY 29TH MAY 2019	THURSDAY 30TH MAY 2019	FRIDAY 31ST MAY 2019	WEEKEND	SATURDAY 1ST JUN 2019	SUNDAY 2ND JUN 2019
7.30AM-8.30AM	Yoga Stretch John		Sun Salutation Lim (Trainee Teacher)	Vinyasa Pravesh	Sun Salutation Pravesh			
8.30AM-9.30AM	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	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	Hatha (M) Amrit (10.30-12.00)	ALL LEVELS! Ashtanga (Mysore Style) John (10.00-11.30)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Pravesh (10.30-12.00)	Hatha (M) Pravesh (11.00-12.00)	9.45AM-10.45AM	Ashtanga LED John (9.00-10.45)	Hatha (2) Pravesh (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit (12.00-1.30)	PILATES MATWORK ADI (12.15-1.15)	Hatha (B) Amrit	Yoga Stretch John	11.00AM-12.00PM	Therapy RH (11.00-12.00)	
2.00PM-3.00PM	Hatha (B) Amrit	Yoga Therapy John	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Amrit	Hatha (B) John	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	Vinyasa John	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Pravesh (All Levels)
5.15PM-6.15PM	ALL LEVELS! Yoga For Runner Sumit (5.00-6.00)	Vinyasa John (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Amrit (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	ZUMBA (MEMBERS ONLY)	HIYT Amrit (6.45-7.30)	Yoga Stretch Amrit (6.45-7.45)	Hatha (B) Gaur	Yoga Twist Linda	5.00PM-6.00PM	Hatha (B) John	Hatha (M) Pravesh
7.45PM-8.45PM	Hatha (B) Amrit (7.45-9.15)	Arm Balance Chandan (8.00-9.00)	Hatha (2) Sumit (8.00-9.15)	Indian Traditional Gaur (7.45-8.45)	Yoga Stretch Su (9.00-10.00)	6.15PM-7.15PM		
9.00PM-10.00PM						7.30PM-8.30PM		
STUDIO B								
TIME	MONDAY 27TH MAY 2019	TUESDAY 28TH MAY 2019	WEDNESDAY 29TH MAY 2019	THURSDAY 30TH MAY 2019	FRIDAY 31ST MAY 2019	WEEKEND	SATURDAY 1ST JUN 2019	SUNDAY 2ND JUN 2019
7.15AM-8.15AM		Hot Yoga Pravesh (7.30-8.30)				8.45AM-9.45AM	Hot Flow RH (8.00-9.00)	Hot Hatha Fleur (Trainee Teacher)
9.45AM-10.45AM	Hot Yoga Sumit	Hot Back Bend Pravesh	Hot Yoga Amrit	Hot Satva Pravesh (9.30-10.30)	Hot Stretch Pravesh	10.30AM-11.30AM	Hot Back Bend RH (9.30-10.30)	Hot Yoga Su (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch John	Hot Stretch Sumit	Hot Yoga Clara	Hot Yoga Pravesh	12.00PM-1.00PM	Hot Yoga RH (12.30-1.30)	Hot Stretch Su (12.15-1.30)
6.00PM-7.00PM	Hot Stretch Amrit	Hot Yoga John	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Amrit (6.15-7.15)	Hot Yoga Clara	1.45PM-2.45PM	Hot Stretch John	Hot Slimming Amrit (2.00-3.00)
7.15PM-8.15PM	Hot Core Sumit (7.30-8.30)	Hot Stretch Amrit (MEMBERS ONLY) (7.30-8.30)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Yoga Su (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 Sumit	Hot Yoga Amrit	HOT BACK BEND SAUMIK (8.15-9.15)	Hot Yin Yoga Su		4.45PM-5.45PM	Hot Stretch Sumit	Hot Yoga Amrit (4.30-5.30)
<p>Dear valued members:</p> <ul style="list-style-type: none"> * 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. 								
<p>Teacher Issey On Leave From 22/05/2019 - 01/06/2019 Teacher Soni On Course From 27/05/2019 - 31/05/2019 Teacher Chandan On Course From 27/05/2019 - 31/05/2019 Teacher Su On Course From 27/05/2019 - 31/05/2019 Teacher Kumar on Retreat From 30/05/2019 - 02/06/2019 Teacher Inder On Leave From 30/05/2019 - 04/06/2019 Master Saumik On Course From 01/06/2019 - 13/06/2019</p>								

