



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 13TH MAY 2019 TO 19TH MAY 2019

STUDIO A		CENTREPOINT							Revision AS On 13.05.2019	PUBLIC HOLIDAY!
TIME	MONDAY 13TH MAY 2019	TUESDAY 14TH MAY 2019	WEDNESDAY 15TH MAY 2019	THURSDAY 16TH MAY 2019	FRIDAY 17TH MAY 2019	WEEKEND	SATURDAY 18TH MAY 2019	SUNDAY 19TH MAY 2019		
7.30AM-8.30AM	Yoga Stretch John		Sun Salutation Lim (Trainee Teacher)	Vinyasa Pravesh	Sun Salutation John	WEEKEND				
8.30AM-9.30AM	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	Yoga Stretch Pravesh	YOGA STRETCH ADI	Hatha Satva Pravesh	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	Vinyasa John	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 (9.00-10.45)	PURNA SAUMIK (10.30-12.00)		
12.30PM-1.30PM	Yoga Stretch Soni	Hatha (M) Pravesh (12.00-1.15)	PILATES MATWORK ADI (12.15-1.15)	Hatha (B) Chandan	Yoga Stretch RH	11.00AM-12.00PM	COMBAT Issey (MEMBERS ONLY)			
2.00PM-3.00PM	Hatha (B) Soni	Yoga Therapy Su	Indian Traditional Gaur	Yoga Therapy Chandan	Hatha Satva Pravesh	12.30PM-1.30PM	Hatha (B) Pravesh (1.00-2.00)	Back Bend RH (All Level)		
3.30PM-4.30PM	Yoga Balance Soni	Hatha Satva Pravesh	Hatha (B) RH	Hatha (M) Pravesh	Vinyasa John	2.00PM-3.00PM	Hatha (M) Pravesh (2.15-3.15)	Yoga Twist RH (All Levels)		
5.15PM-6.15PM	Hatha Flow John (5.00-6.00)	Vinyasa John (5.00-6.00)	Back Bend RH (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) John	3.30PM-4.30PM	BODY OPENING SAUMIK (3.30-4.45)	NEW CLASS! ALL LEVELS! Yoga For Runner Amrit		
6.30PM - 7.30PM	ZUMBA (MEMBERS ONLY)	Hatha (B) John	YOGA STRETCH SAUMIK (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Indian Traditional Pravesh	5.00PM-6.00PM	Hatha (B) John	Hatha (M) Amrit		
7.45PM-8.45PM	Hatha (B) Linda (7.45-8.45)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (B) RH (8.00-9.15)	HATHA (M) SAUMIK (8.00-9.00)	COMBAT Issey (MEMBERS ONLY) (7.45-9.00)	6.15PM-7.15PM				
9.00PM-10.00PM						7.30PM-8.30PM				
STUDIO B										
TIME	MONDAY 13TH MAY 2019	TUESDAY 14TH MAY 2019	WEDNESDAY 15TH MAY 2019	THURSDAY 16TH MAY 2019	FRIDAY 17TH MAY 2019	WEEKEND	SATURDAY 18TH MAY 2019	SUNDAY 19TH MAY 2019		
7.15AM-8.15AM		Hot Yoga Pravesh (7.30-8.30)			CLASS CANCELLED	8.45AM-9.45AM	Hot Flow Rayern (Trainee Teacher) (8.00-9.00)	Hot Hatha RH (Trainee Teacher)		
9.45AM - 10.45AM	Hot Yoga Soni (10.15-11.15)	Hot Back Bend Pravesh	Hot Yoga RH	Hot Yoga Gaur	Hot Stretch RH	10.30AM-11.30AM	Hot Back Bend Pravesh (10.45-11.45)	Hot Yoga Amrit (10.15-11.15)		
12.15PM-1.15PM	Hot Yoga John	Hot Stretch Su	Hot Stretch Gaur	Hot Flow Gaur	Hot Yoga John	12.00PM-1.00PM	Hot Yoga John	HOT STRETCH SAUMIK (12.15-1.30)		
6.00PM - 7.00PM	Hot Stretch Linda	Hot Yoga Clara	Hot Slimming RH (5.45-6.45)	Hot Stretch Su (6.15-7.15)	Hot Yoga Issey (6.30-7.30)	1.45PM-2.45PM	Hot Stretch John (2.15-3.15)	Hot Slimming Amrit (2.00-3.00)		
7.15PM-8.15PM	Hot Core & Strength Soni (MEMBERS ONLY) (7.30-8.30)	Hot Stretch John (MEMBERS ONLY) (7.30-8.30)	Hot Yoga RH (MEMBERS ONLY) (7.00-8.00)	Hot Yoga Su (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Pravesh (MEMBERS ONLY) (7.45-8.45)	3.15PM-4.15PM	Hot Yoga Pravesh (3.30-4.30)	Hot Stretch RH		
8.45PM-9.45PM	Hot Stretch Soni	Hot Yoga John	HOT BACK BEND SAUMIK (8.15-9.15)	Hot Hatha Fleur (Trainee Teacher)	Hot Back Bend Pravesh (9.00-10.00)	4.45PM-5.45PM		Hot Yoga RH (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 Sumit On Leave From 10/05/2019 - 16/05/2019
 Teacher Amrit On Leave From 27/04/2019 - 17/05/2019

