



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 22ND JULY 2019 TO 28TH JULY 2019

STUDIO A CENTREPOINT								
TIME	MONDAY 22ND JULY 2019	TUESDAY 23RD JULY 2019	WEDNESDAY 24TH JULY 2019	THURSDAY 25TH JULY 2019	FRIDAY 26TH JULY 2019	WEEKEND	SATURDAY 27TH JULY 2019	SUNDAY 28TH JULY 2019
7.30AM-8.30AM	Yoga Stretch John		Sun Salutation Lim	Vinyasa Chandan	Sun Salutation John			
8.30AM-9.30AM	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	Yoga Stretch Chandan	Yoga Stretch Amrit	Yoga Balance Amrit	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	8.30AM-9.30AM	Yoga Stretch John (8.00-9.00)	Yoga Stretch Mantu (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)	PILATES MATWORK ADI (11.00-12.00)	Yoga Stretch Chandan (10.30-12.00)	ADVANCED SAUMIK (10.30-12.00)	9.45AM-10.45AM	Ashtang LED John (9.00-10.45)	PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sumit	Hatha (M) Amrit (12.00-1.30)	THERAPY & MEDITATION ADI (12.15-1.15)	Hatha (B) Amrit	Yoga Stretch John	11.00AM-12.00PM	COMBAT Issey (MEMBERS ONLY)	
2.00PM-3.00PM	Hatha (B) Amrit	Yoga Therapy John	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Su	Hatha (B) Chandan	12.30PM-1.30PM	Hatha (B) Sumit (1.00-2.00)	Back Bend Mantu (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (2) Chandan	Yoga Stretch Sumit	Hatha (M) Amrit	Vinyasa John	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Mantu (All Level)
5.15PM-6.15PM	Yoga Stretch Sumit (5.00-6.00)	Yoga Stretch John (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) Chandan	3.30PM-4.30PM	BODY OPENING SAUMIK (3.30-4.45)	Indian Traditional Amrit
6.30PM-7.30PM	ZUMBA (MEMBERS ONLY)	Vinyasa Amrit	YOGA SRETCH SAUMIK (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Yoga Twist Chandan	5.00PM-6.00PM	Hatha (B) John	Hatha (M) Mantu
7.45PM-8.45PM	Hatha (B) Amrit (7.45-8.45)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (2) Sumit (8.00-9.15)	PURNA SAUMIK (8.00-9.30)	COMBAT Issey (MEMBERS ONLY) (7.45-9.00)	6.15PM-7.15PM		TEACHER MEETING 6.30PM
9.00PM-10.00PM		HIYT Amrit (9.00-9.45)				7.30PM-8.30PM		
STUDIO B								
TIME	MONDAY 22ND JULY 2019	TUESDAY 23RD JULY 2019	WEDNESDAY 24TH JULY 2019	THURSDAY 25TH JULY 2019	FRIDAY 26TH JULY 2019	WEEKEND	SATURDAY 27TH JULY 2019	SUNDAY 28TH JULY 2019
7.15AM-8.15AM		Hot Yoga Chandan (7.30-8.30)				8.45AM-9.45AM	Hot Flow Fleur (Trainee Teacher) (8.00-9.00)	Hot Yoga Amrit
9.45AM-10.45AM	Hot Yoga Sumit	Hot Back Bend Chandan	Hot Yoga Amrit	Hot ABT Amrit	Hot Stretch John (10.30-11.30)	10.30AM-11.30AM	Hot Back Bend Sumit (9.30-10.30)	Hot Core & Strength Mantu (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch John	Hot Stretch Sumit	Hot Yoga Chandan	Hot Yoga Chandan	12.00PM-1.00PM	Hot Yoga Sumit (11.45-12.45)	HOT STRETCH SAUMIK (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 Issey (6.30-7.30)	1.45PM-2.45PM	Hot Stretch John (2.00-3.00)	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 Stretch & Tone Su (MEMBERS ONLY) (7.30-8.45)	Hot Stretch Chandan (MEMBERS ONLY) (7.45-8.45)	3.15PM-4.15PM	Hot Vinyasa John (3.30-4.30)	Hot Stretch Mantu
8.45PM-9.45PM	Hot Stretch Sumit	Hot Yoga Mira	HOT BACK BEND SAUMIK (8.15-9.15)		Hot Back Bend Chandan (9.00-10.00)	4.45PM-5.45PM		Hot Yoga Amrit (4.30-5.30)
<p>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.</p>								
Teacher Shradha On Leave From 27/07/2019 - 28/07/2019								

