



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 8TH JULY 2019 TO 14TH JULY 2019

STUDIO A CENTREPOINT

TIME	MONDAY 8TH JULY 2019	TUESDAY 9TH JULY 2019	WEDNESDAY 10TH JULY 2019	THURSDAY 11TH JULY 2019	FRIDAY 12TH JULY 2019	WEEKEND	SATURDAY 13TH JULY 2019	SUNDAY 14TH JULY 2019
7.30AM-8.30AM	Yoga Stretch John		Sun Salutation Lim	Vinyasa Pravesh	Sun Salutation John			
8.30AM-9.30AM	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	Yoga Stretch Pravesh	Yoga Stretch Amrit	Yoga Balance Amrit	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	8.30AM-9.30AM	Yoga Stretch Amrit	
10.30AM-11.30AM	ADVANCED SAUMIK (10.15-12.00)	ALL LEVELS! Ashtanga (Mysore Style) John (10.00-11.30)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Pravesh (10.30-12.00)	ADVANCED SAUMIK (10.30-12.00)	9.45AM-10.45AM	REGISTER NOW!! HANDSTAND WORKSHOP BY ANDRII BONDARENKO (10.00-12.30)	REGISTER NOW!! HANDSTAND WORKSHOP BY ANDRII BONDARENKO (9.30-11.30)
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		
2.00PM-3.00PM	Hatha (B) Amrit	Yoga Therapy John	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Su	Hatha (B) Su	12.30PM-1.30PM	Hatha (B) Amrit (1.00-2.00)	Back Bend Pravesh (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha Satva Pravesh	Yoga Stretch Sumit	Hatha (M) Pravesh	Vinyasa John	2.00PM-3.00PM	Hatha (M) Vishal (2.15-3.15)	Yoga Twist Pravesh (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) Pravesh	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)	Indian Traditional Pravesh	5.00PM-6.00PM	Hatha (B) Amrit	Hatha (M) Pravesh
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		
9.00PM-10.00PM						7.30PM-8.30PM		

STUDIO B

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7.15AM-8.15AM		Hot Yoga Pravesh (7.30-8.30)				8.45AM-9.45AM	Hot Flow YS (8.00-9.00)	Hot Yoga Amrit (8.15-9.15)
9.45AM - 10.45AM	Hot Yoga Sumit	Hot Back Bend Pravesh	Hot Yoga Amrit	Hot ABT Amrit	Hot Stretch John (10.30-11.30)	10.30AM-11.30AM	Hot Back Bend Linda (10.00-11.00)	Hot Hatha Fleur (Trainee Teacher) (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch John	Hot Stretch Sumit	Hot Satva Pravesh	Hot Yin Yoga Su	12.00PM-1.00PM	Hot Yoga Vishal (12.30-1.30)	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 Amrit (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)	Hot Stretch Pravesh (MEMBERS ONLY) (7.45-8.45)	3.15PM-4.15PM	Hot Vinyasa Amrit (3.30-4.30)	Hot Stretch Pravesh
8.45PM-9.45PM	Hot Stretch Sumit	Hot Yoga Mira	HOT BACK BEND SAUMIK (8.15-9.15)	Hot Stretch Pravesh (7.30-8.45)	Hot Back Bend Pravesh (9.00-10.00)	4.45PM-5.45PM		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 John On Leave On 13/07/2019
 Teacher Kumar On Leave From 09/07/2019 - 21/07/2019

