



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 15TH JULY 2019 TO 21ST JULY 2019

STUDIO A CENTREPOINT Revision As On 19.07.2019

TIME	MONDAY 15TH JULY 2019	TUESDAY 16TH JULY 2019	WEDNESDAY 17TH JULY 2019	THURSDAY 18TH JULY 2019	FRIDAY 19TH JULY 2019	WEEKEND	SATURDAY 20TH JULY 2019	SUNDAY 21ST JULY 2019
7.30AM-8.30AM	Yoga Stretch John		Sun Salutation Lim	Vinaya Pravesh	Sun Salutation John			
8.30AM-9.30AM	ALL LEVELS! Ashtanga (Mysore Style) John (8.30-10.00)	Yoga Stretch Pravesh	Yoga Stretch Gaur	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 Su (9.00-10.00)
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	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) Su	12.30PM-1.30PM	Hatha (B) Vishal (1.00-2.00)	Back Bend Pravesh (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha Satva Pravesh	Yoga Stretch Amrit	Hatha (M) Pravesh	Vinaya 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 Amrit (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)	Vinaya Amrit	YOGA SRETCH SAUMIK (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Indian Traditional Pravesh	5.00PM-6.00PM	Hatha (B) John	Hatha (M) Pravesh
7.45PM-8.45PM	Hatha (B) Amrit (7.45-8.45)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	HATHA FLOW ADI (8.00-9.00)	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		

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7.15AM-8.15AM		Hot Yoga Pravesh (7.30-8.30)				8.45AM-9.45AM	Hot Flow Vishal (8.00-9.00)	Hot Yoga Amrit
9.45AM - 10.45AM	Hot Yoga Sumit	Hot Back Bend Pravesh	Hot Yoga Gaur	Hot ABT Amrit	Hot Stretch John (10.30-11.30)	10.30AM-11.30AM	Hot Back Bend Vishal (10.00-11.00)	Hot Yin Yoga Su (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch John	Hot Stretch Amrit	Hot Satva Pravesh	Hot Yin Yoga Su	12.00PM-1.00PM	Hot Yoga Vishal (11.45-12.45)	HOT STRETCH SAUMIK (12.15-1.30)
6.00PM - 7.00PM	Hot Stretch Amrit	Hot Yoga John	HOT PILATES FOR SLIMMING ADI (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 Amrit (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 John (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)	(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 Sumit On Retreat From 16/07/2019 - 21/07/2019
 Teacher Kumar On Leave From 09/07/2019 - 21/07/2019

