



REAL YOGA'S CLASS SCHEDULE FOR 23RD SEPTEMBER 2019 TO 29TH SEPTEMBER 2019

STUDIO A CENTREPOINT

TIME	MONDAY 23RD SEPT 2019	TUESDAY 24TH SEPT 2019	WEDNESDAY 25TH SEPT 2019	THURSDAY 26TH SEPT 2019	FRIDAY 27TH SEPT 2019	WEEKEND	SATURDAY 28TH SEPT 2019	SUNDAY 29TH SEPT 2019
7.30AM-8.30AM	Yoga Stretch Hiro		Sun Salutation Lim	Vinyasa Amrit	Sun Salutation Wynter			
8.30AM-9.30AM	Hatha Vinyasa Amrit	Yoga Stretch Mira	Yoga Stretch Amrit	Yin Yoga Mira	Chakra Inder (8.45-9.45)	8.30AM-9.30AM	Yoga Stretch Su (8.15-9.15)	Yoga Stretch Mantu (9.00-10.00)
10.30AM-11.30AM	ADVANCED SAUMIK (10.30-12.00)	ALL LEVELS! Hatha Flow Amrit (11.00-12.00)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Amrit (10.30-12.00)	ADVANCED SAUMIK (10.30-12.00)	9.45AM-10.45AM	Stretch & Twist Su (9.30-10.30)	PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Amrit	Hatha (M) Amrit (12.00-1.30)	THERAPY & MEDITATION ADI (12.15-1.15)	Hatha (B) Anu	Yoga Stretch Chandan	11.00AM-12.00PM	COMBAT Issey (MEMBERS ONLY)	
2.00PM-3.00PM	Yoga Twist Amrit	MAINTENANCE WORK	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Su	Therapy Inder	12.30PM-1.30PM	Hatha (B) Su	Back Bend Sumit (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Chandan	Yoga Stretch Amrit	Stretch & Balance Su	Vinyasa Chandan	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Mantu (All Level)
5.15PM-6.15PM	Yoga Stretch Sumit	Yoga Stretch Su (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)	Hatha (2) Sumit
6.30PM-7.30PM	ZUMBA (MEMBERS ONLY)	Yin Yoga Su	YOGA STRETCH SAUMIK (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Yoga Twist Chandan	5.00PM-6.00PM	Hatha (B) Sumit	Hatha (M) Sumit
7.45PM-8.45PM	Hatha (B) Sumit (7.45-9.00)	COMBAT Issey (MEMBERS ONLY)	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		Hatha (B) Chandan				7.30PM-8.30PM		

STUDIO B

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7.15AM-8.15AM		Hot Yoga Amrit (7.30-8.30)				8.45AM-9.45AM	Hot Flow Fleur (8.00-9.00)	Hot Yoga Sumit
9.45AM-10.45AM	Hot Stretch Amrit	Hot Yoga Mira	Hot Yoga Amrit	Hot Yoga Mira	Hot Stretch Inder	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 Sumit	Hot Stretch Chandan	Hot Stretch Sumit	Hot Yoga Amrit	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit	HOT STRETCH SAUMIK (12.15-1.30)
4.30PM-5.30PM		Hot Flow Chandan	Hot Core Amrit			1.45PM-2.45PM	Hot Stretch Su (2.00-3.00)	Hot Slimming Sumit (2.00-3.00)
6.00PM-7.00PM	Hot Stretch Sumit (6.15-7.15)	Hot Yoga Chandan	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Amrit (6.15-7.15)	Hot Yoga Issey (6.30-7.30)	3.15PM-4.15PM	Hot Vinyasa Sumit (3.30-4.30)	Hot Stretch Mantu
7.15PM-8.15PM	Hot Core Amrit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Su (MEMBERS ONLY) (7.45-9.00)	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)	4.45PM-5.45PM		Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM	Hot Stretch Amrit		HOT BACK BEND SAUMIK (8.15-9.15)		Hot Back Bend Chandan (9.00-10.00)			

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 Shradha Not Available From 19/09/2019 - 26/09/2019
 Teacher Amrit On Leave From 28/09/2019 - 29/09/2019

