



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843

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REAL YOGA'S CLASS SCHEDULE FOR 9TH SEPTEMBER 2019 TO 15TH SEPTEMBER 2019

STUDIO A

CENTREPOINT

Revision As On 11.09.2019

TIME	MONDAY 9TH SEPT 2019	TUESDAY 10TH SEPT 2019	WEDNESDAY 11TH SEPT 2019	THURSDAY 12TH SEPT 2019	FRIDAY 13TH SEPT 2019	WEEKEND	SATURDAY 14TH SEPT 2019	SUNDAY 15TH SEPT 2019
7.30AM-8.30AM	Yoga Stretch Karen		Sun Salutation Lim	Vinyasa Chandan	Sun Salutation Wynter			
8.30AM-9.30AM	Hatha Vinyasa Sumit	Yoga Stretch Mira	Yoga Stretch Mira	Yin Yoga Mira	Chakra Inder (8.45-9.45)		8.00AM – 9.30AM Hamstring & Spine by Sumit & Vihai	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 Chandan (10.30-12.00)	ADVANCED SAUMIK (10.30-12.00)	9.45AM-10.45AM	10.00AM – 11.00AM Bright Hill Old Folks Yoga Workshop	Hatha (B) Rajeev (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Karen	Hatha (M) Amrit (12.00-1.30)	THERAPY & MEDITATION ADI (12.15-1.15)	Hatha (B) Anu	Yoga Stretch Sam	11.00AM-12.00PM	12.00PM – 1.00PM Tampines SAC Yoga Workshop	
2.00PM-3.00PM	Yoga Twist Amrit	Yoga Therapy Su	YOGA STRETCH ADI (2.00-3.00)	Yoga Therapy Su	MAINTENANCE WORK	12.30PM-1.30PM	1.00PM – 1.30PM Celebration Opening Speech by Master Saumik Cake Cutting Refreshments	Back Bend Rajeev (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Clara	Back Bend & Twist Sumit	Stretch & Balance Su		2.00PM-3.00PM	1.30PM – 2.15PM Special Performance by Team Real Yoga Lucky Draw	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) Mantu	3.30PM-4.30PM	2.45PM – 4.15PM Yin Yoga for Stress and Therapy by Su	Hatha (B) Mira
6.30PM-7.30PM	ZUMBA (MEMBERS ONLY)	ALL LEVELS! BACK BEND & TWIST SAUMIK	YOGA STRETCH SAUMIK (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Yoga Twist Su	5.00PM-6.00PM	STAFF GATHERING 5PM-9PM	Hatha (M) Mantu (4.45-5.45)
7.45PM-8.45PM	BODY OPENING SAUMIK (7.45-9.00)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (2) Sumit (8.00-9.15)	PURNA SAUMIK (8.00-9.30)	STAFF EVENT 8PM	6.15PM-7.15PM	11 YEARS YOGA FROM THE HEART	
9.00PM-10.00PM						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 Karen
9.45AM-10.45AM	Hot Stretch Sumit	Hot Yoga Mira	Hot Yoga Mira	Hot Yoga Mira	Hot Stretch Inder	10.30AM-11.30AM	Hot Back Bend Sumit (10.30-11.30)	Hot Core & Strength Mantu (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Sumit	Hot Stretch Chandan	Hot Stretch Sumit	Hot Yoga Chandan	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit (12.15-1.15)	Hot Stretch Mantu (12.15-1.30)
4.30PM-5.30PM					NON-HOT Therapy Inder (2.00-3.00) SPECIAL! Hatha & Core Mantu (3.30-4.30)	1.45PM-2.45PM	HOT STRETCH SAUMIK (2.30-3.30)	Hot Flow Mira (2.00-3.00)
6.00PM-7.00PM	Hot Stretch Sumit (6.15-7.15)	Hot Yoga Su	Hot Slimming Sumit (5.45-6.45)	Hot Stretch Su (6.15-7.15)	Hot Yoga Issey (6.30-7.30)	3.15PM-4.15PM	Hot Vinyasa Sumit (3.45-4.45)	Hot Stretch Mantu
7.15PM-8.15PM	Hot Core Amrit (MEMBERS ONLY) (7.30-8.30)	HOT STRETCH SAUMIK (MEMBERS ONLY) (7.30-8.30)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Stretch & Tone Su (MEMBERS ONLY)	Hot Stretch Mantu (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM		
8.45PM-9.45PM	Hot Stretch Amrit	Hot Yoga Lucas	HOT BACK BEND SAUMIK (8.15-9.15)	(7.30-8.45)	CLASS CANCELLED			

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.

Master Adi On Leave On 13/09/2019
 Teacher Angela Not Available on 14/09/2019
 Teacher Amrit on Retreat From 11/09/2019 - 15/09/2019
 Teacher Chandan On Leave From 14/09/2019 - 15/09/2019
 Teacher Marta Not Available From 03/09/2019 - 15/09/2019

