



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 28TH OCTOBER 2019 TO 3RD NOVEMBER 2019

| STUDIO A CENTREPOINT | | | | | | | | |
|----------------------|---|--|---|---|--|-----------------|---------------------------------------|---------------------------------------|
| TIME | MONDAY 28TH OCT 2019 | TUESDAY 29TH OCT 2019 | WEDNESDAY 30TH OCT 2019 | THURSDAY 31ST OCT 2019 | FRIDAY 1ST NOV 2019 | WEEKEND | SATURDAY 2ND NOV 2019 | SUNDAY 3RD NOV 2019 |
| 7.30AM-8.30AM | | | Sun Salutation Lim | Vinyasa Amrit | Sun Salutation Karen | | | |
| 8.30AM-9.30AM | Hatha Vinyasa Sumit (9.00-10.00) | Yoga Stretch Mira | Yoga Stretch Mira | Yin Yoga Mira | Chakra Inder (8.45-9.45) | 8.30AM-9.30AM | Yoga Stretch Marta (8.15-9.15) | Yoga Stretch Mantu (9.00-10.00) |
| 10.30AM-11.30AM | ADVANCED SAUMIK (10.30-12.00) | Vinyasa Smadar (11.00-12.00) | TRADITIONAL YOGA ADI (11.00-12.00) | Yoga Stretch Amrit (10.30-12.00) | Advanced Inder (11.00-12.00) | 9.45AM-10.45AM | Ashatnga LED Marta (9.15-10.45) | Yin & Yang Su (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) Yan | Yoga Stretch Sam | 11.00AM-12.00PM | COMBAT Issey (MEMBERS ONLY) | |
| 2.00PM-3.00PM | Yin & Mindfulness Smadar | Yoga Therapy Su | Back Bend & Twist Amrit (1.30-3.00) | Yoga Therapy Su | Therapy Inder | 12.30PM-1.30PM | Hatha (B) Su | Back Bend Amrit (All Level) |
| 3.30PM-4.30PM | Yoga Balance Sumit | Hatha (B) Amrit | Yoga Stretch Sumit | Stretch & Balance Su | Vinyasa Amrit | 2.00PM-3.00PM | Hatha (M) Sumit (2.15-3.15) | Yoga Twist Mantu (All Level) |
| 5.15PM-6.15PM | | Yoga Stretch Su (5.00-6.00) | HATHA (M) SAUMIK (5.00-6.30) | Yin Yoga Su (5.00-6.00) | Hatha (B) Sumit | 3.30PM-4.30PM | Yin Yoga Su | Indian Traditional Amrit |
| 6.30PM - 7.30PM | | Yin Yoga Su | YOGA STRETCH SAUMIK (6.45-7.45) | Hatha (B) Su (6.45-7.45) | Yoga Twist Sumit | 5.00PM-6.00PM | Therapy Su (4.45-5.45) | Hatha (M) Amrit (4.45-5.45) |
| 7.45PM-8.45PM | | COMBAT Issey (MEMBERS ONLY) (7.45-8.45) | Hatha (2) Sumit (8.30-9.30) | Yoga Stretch & Twist Mira (8.00-9.30) | COMBAT Issey (MEMBERS ONLY) (7.45-8.45) | 6.15PM-7.15PM | | |
| 9.00PM-10.00PM | | | | | | 7.30PM-8.30PM | | |

| STUDIO B | | | | | | | | |
|------------------|--|---|--|---|---|-----------------|--|---|
| TIME | MONDAY 28TH OCT 2019 | TUESDAY 29TH OCT 2019 | WEDNESDAY 30TH OCT 2019 | THURSDAY 31ST OCT 2019 | FRIDAY 1ST NOV 2019 | WEEKEND | SATURDAY 2ND NOV 2019 | SUNDAY 3RD NOV 2019 |
| 7.15AM-8.15AM | Hot Stretch Amrit (8.30-9.30) | Hot Yoga Karen (7.30-8.30) | | | | 8.45AM-9.45AM | Hot Flow Janet (8.00-9.00) | Hot Yoga Su |
| 9.45AM - 10.45AM | Hot Yoga Sumit (10.30-11.30) | 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 BODY OPENING SAUMIK (12.00-1.00) | Hot Stretch Su | Hot Stretch Amrit | Hot Yoga Amrit | Hot Yoga Amrit | 12.00PM-1.00PM | Hot Yoga Sumit | Hot Stretch Su (12.15-1.45) |
| 4.30PM-5.30PM | Hot Back Bend Sumit (1.30-2.30) | | | | | 1.45PM-2.45PM | Hot Stretch Su (2.00-3.00) | Hot Slimming Amrit (2.00-3.00) |
| 6.00PM - 7.00PM | Hot Stretch Amrit (3.00-4.00) | Hot Yoga Amrit | 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 Stretch Amrit (MEMBERS ONLY) (7.45-9.15) | Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00) | Hot Stretch & Tone Su (MEMBERS ONLY) (8.00-9.00) | Hot Stretch Sumit (MEMBERS ONLY) (7.45-8.45) | 4.45PM-5.45PM | | Hot Yoga Mantu (4.30-5.30) |
| 8.45PM-9.45PM | | | Hot Back Bend Amrit (8.15-9.15) | | Hot Back Bend Sumit (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 Chandan On Leave From 25/10/2019 - 06/11/2019

