



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843  
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**REAL YOGA'S CLASS SCHEDULE FOR 11TH NOVEMBER 2019 TO 17TH NOVEMBER 2019**

STUDIO A CENTREPOINT								
TIME	MONDAY 11TH NOV 2019	TUESDAY 12TH NOV 2019	WEDNESDAY 13TH NOV 2019	THURSDAY 14TH NOV 2019	FRIDAY 15TH NOV 2019	WEEKEND	SATURDAY 16TH NOV 2019	SUNDAY 17TH NOV 2019
7.30AM-8.30AM	Yoga Stretch Hiro		Hatha (B) Lim	Vinaya Amrit	Yoga Therapy Krishna			
8.30AM-9.30AM	Hatha Vinyasa Sumit	Yoga Stretch Mira	Yoga Stretch Mira	Yin Yoga Mira	Chakra Inder (8.45-9.45)	8.30AM-9.30AM	Hatha Flow Su (8.15-9.15)	Yoga Stretch Mantu (9.00-10.00)
10.30AM-11.30AM	<b>ADVANCED SAUMIK (10.30-12.00)</b>	<b>ALL LEVELS!</b> Hatha Flow Amrit (11.00-12.00)	<b>TRADITIONAL YOGA ADI (11.00-12.00)</b>	Yoga Stretch Amrit (10.30-12.00)	Advanced Inder (11.00-12.00)	9.45AM-10.45AM	Yin Yoga Su (9.45-10.45)	Yin & Yang Su (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sam	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Sam	Yoga Stretch Sam	11.00AM-12.00PM	<b>COMBAT Issey (MEMBERS ONLY)</b>	
2.00PM-3.00PM	Yoga Twist Sumit	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 Amrit	Hatha (B) Krishna	Yoga Stretch Amrit	Stretch & Balance Su	Core Krishna	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Mantu (All Level)
5.15PM-6.15PM	Yoga Stretch Amrit	Yoga Stretch Su (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) Krishna	3.30PM-4.30PM	Yin Yoga Su	Indian Traditional Amrit
6.30PM - 7.30PM	Hatha (B) Linda	Yin Yoga Su	<b>YOGA STRETCH SAUMIK (6.45-7.45)</b>	<b>HATHA (B) SAUMIK (6.45-7.45)</b>	Yoga Twist Sumit	5.00PM-6.00PM	Therapy Su (4.45-5.45)	Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	<b>CLASSIC HATHA SAUMIK</b>	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	Hatha (2) Sumit (8.00-9.30)	<b>PURNA SAUMIK (8.00-9.30)</b>	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	6.15PM-7.15PM		
9.00PM-10.00PM	<b>TOPSY TURVY SAUMIK</b>					7.30PM-8.30PM		
STUDIO B								
TIME	MONDAY 11TH NOV 2019	TUESDAY 12TH NOV 2019	WEDNESDAY 13TH NOV 2019	THURSDAY 14TH NOV 2019	FRIDAY 15TH NOV 2019	WEEKEND	SATURDAY 16TH NOV 2019	SUNDAY 17TH NOV 2019
7.15AM-8.15AM		Hot Yoga Krishna (7.30-8.30)				8.45AM-9.45AM	Hot Flow YS (8.00-9.00)	Hot Yoga Su
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 (9.30-10.30)	Hot Core & Strength Mantu (10.15-11.15)
12.15PM-1.15PM	Hot Yoga Sumit	Hot Stretch Krishna	Hot Stretch Amrit	Hot Yoga Amrit	Hot Yoga Krishna	12.00PM-1.00PM	Hot Yoga Sumit	Hot Stretch Su (12.15-1.45)
4.30PM-5.30PM		PRIVATE BOOKING 5.00-6.00				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 (6.15-7.15)	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 Core Linda (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Amrit (MEMBERS ONLY) (7.45-9.15)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Stretch & Tone Su (MEMBERS ONLY)	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 Stretch Amrit		<b>HOT BACK BEND SAUMIK (8.15-9.15)</b>	(8.00-9.00)	Hot Yoga 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 Angela Not Available From 07/11/2019 - 24/11/2019  
 Yin Yoga & Functional Anatomy Training Course From 15/11/2019 - 19/11/2019

