



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 4TH NOVEMBER 2019 TO 10TH NOVEMBER 2019**

STUDIO A CENTREPOINT								
TIME	MONDAY 4TH NOV 2019	TUESDAY 5TH NOV 2019	WEDNESDAY 6TH NOV 2019	THURSDAY 7TH NOV 2019	FRIDAY 8TH NOV 2019	WEEKEND	SATURDAY 9TH NOV 2019	SUNDAY 10TH NOV 2019
7.30AM-8.30AM	Yoga Stretch Karen		Hatha (B) Lim	Vinyasa Amrit	Sun Salutation Hiro			
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	Yoga Stretch Marta (8.15-9.15)	Yoga Stretch Mantu (9.00-10.00)
10.30AM-11.30AM	Hatha (M) Amrit (10.30-12.00)	<b>ALL LEVELS!</b> Hatha Flow Sumit (11.00-12.00)	<b>TRADITIONAL YOGA ADI (11.00-12.00)</b>	Yoga Stretch Amrit (10.30-12.00)	<b>ADVANCED SAUMIK (10.30-12.00)</b>	9.45AM-10.45AM	Ashatnga LED Marta (9.15-10.45)	<b>PURNA SAUMIK (10.30-12.00)</b>
12.30PM-1.30PM	Yoga Stretch Karen	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Mira	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	<b>YOUNG LIVING WORKSHOP Scent Making 12.30-1.45</b>	Back Bend Amrit (All Level)
3.30PM-4.30PM	Yoga Balance Amrit	Hatha (B) Amrit	Yoga Stretch Sumit	Stretch & Balance Su	Vinyasa Chandan	2.00PM-3.00PM	Stretch & Balance Su (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 Amrit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) Chandan	3.30PM-4.30PM	<b>BODY OPENING SAUMIK (3.30-5.00)</b>	Indian Traditional Amrit
6.30PM - 7.30PM	<b>ZUMBA ANGELA (MEMBERS ONLY)</b>	Yin Yoga Su	Yoga Stretch Amrit (6.45-7.45)	Hatha (B) Su (6.45-7.45)	Yoga Twist Chandan	5.00PM-6.00PM	Therapy Su (5.15-6.15)	Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	Hatha Mira	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	Hatha (2) Sumit (8.30-9.30)	Back Bend & Twist Amrit (8.00-9.30)	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	6.15PM-7.15PM		
9.00PM-10.00PM						7.30PM-8.30PM		

  

STUDIO B								
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7.15AM-8.15AM		Hot Yoga Karen (7.30-8.30)				8.45AM-9.45AM	Hot Flow YS (8.00-9.00)	Hot Yoga Mindy
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 Mira	Hot Stretch Amrit	Hot Yoga Amrit	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit	<b>HOT STRETCH SAUMIK (12.15-1.45)</b>
4.30PM-5.30PM						1.45PM-2.45PM	<b>YOUNG LIVING WORKSHOP Yoga by Sumit (2.00-2.45)</b>	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 Flow Su (3.30-4.30)	Hot Stretch Mantu
7.15PM-8.15PM	Hot Core Amrit (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 Chandan (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM		Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM	Hot Stretch Mira		Hot Back Bend Amrit (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 Chandan On Leave From 25/10/2019 - 06/11/2019  
 Teacher Angela Not Available From 07/11/2019 - 24/11/2019

