



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 25TH NOVEMBER 2019 TO 1ST DECEMBER 2019

STUDIO A

CENTREPOINT

Revision As Of 27.11.2019

TIME	MONDAY 25TH NOV 2019	TUESDAY 26TH NOV 2019	WEDNESDAY 27TH NOV 2019	THURSDAY 28TH NOV 2019	FRIDAY 29TH NOV 2019	WEEKEND	SATURDAY 30TH NOV 2019	SUNDAY 1ST DEC 2019
7.30AM-8.30AM	Yoga Stretch Hiro		Hatha (B) Lim	Vinyasa Amrit	Therapy Karen			
8.30AM-9.30AM	Hatha Vinyasa Sumit	Yin Yoga Mira	Yoga Stretch Amrit	Stretch & Twist Lucas	Hatha (B) Krishna	8.30AM-9.30AM	Hatha Flow Su (8.15-9.15)	Yoga Stretch Mantu (9.00-10.00)
10.30AM-11.30AM	Hatha (M) Amrit	ALL LEVELS! Hatha Flow Amrit (11.00-12.00)	Indian Traditional Kumar (11.00-12.00)	Yoga Stretch Amrit (10.30-12.00)	Hatha (2) Krishna (11.00-12.00)	9.45AM-10.45AM	Yin Yoga Su	PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sam	Hatha (M) Amrit (12.00-1.30)	Hatha (B) Kumar	Hatha (B) Lucas	Yoga Stretch Sam	11.00AM-12.00PM	COMBAT Issey (MEMBERS ONLY)	
2.00PM-3.00PM	Yoga Twist Sumit	Yoga Therapy Su	Back Bend & Twist Amrit (1.30-3.00)	Yoga Therapy Lucas	Therapy Krishna	12.30PM-1.30PM	Hatha (B) Su	Back Bend Amrit (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Krishna	Yoga Stretch Sumit	Stretch & Balance Sumit	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 Sumit (5.00-6.00)	Hatha (B) Sumit	3.30PM-4.30PM	BODY OPENING SAUMIK (3.30-5.00)	Indian Traditional Amrit
6.30PM-7.30PM	ZUMBA Angela (MEMBERS ONLY)	Yin Yoga Linda	Yoga Stretch Amrit (6.45-7.45)	Hatha (B) Sumit (6.45-7.45)	Yoga Stretch Sumit	5.00PM-6.00PM	Hatha (2) Sumit (5.15-6.15)	Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	Hatha (B) Amrit	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	Hatha (2) Sumit (8.15-9.15)	Backbend Amrit (8.00-9.00)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	6.15PM-7.15PM		
9.00PM-10.00PM	Inversion Amrit					7.30PM-8.30PM		

STUDIO B

TIME	MONDAY 25TH NOV 2019	TUESDAY 26TH NOV 2019	WEDNESDAY 27TH NOV 2019	THURSDAY 28TH NOV 2019	FRIDAY 29TH NOV 2019	WEEKEND	SATURDAY 30TH NOV 2019	SUNDAY 1ST DEC 2019
7.15AM-8.15AM		Hot Yoga Mira (7.30-8.30)				8.45AM-9.45AM	Hot Flow Fleur (8.00-9.00)	Hot Yoga Mindy
9.45AM-10.45AM	Hot Stretch Sumit	Hot Yoga Mira	Hot Yoga Kumar	Hot Yoga Lucas	Hot Stretch Krishna	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 Su	Hot Stretch Amrit	Hot Slimming Amrit	Hot Yoga Krishna	12.00PM-1.00PM	Hot Yoga Sumit	HOT STRETCH SAUMIK (12.15-1.45)
4.30PM-5.30PM						1.45PM-2.45PM	Hot Stretch Beal (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 Linda (MEMBERS ONLY) (7.45-8.45)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Stretch Sumit (MEMBERS ONLY) (8.00-9.00)	Hot Stretch Sumit (MEMBERS ONLY) (7.45-9.15)	4.45PM-5.45PM		Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM	Hot Stretch Linda		Hot Back Bend Amrit (8.15-9.15)					

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 Inder On Leave From 28/11/2019 - 10/12/2019
 Teacher Vishal On Leave From 01/12/2019 - 20/12/2019
 Teacher Shradha Not Available On 01/12/2019
 Master Adi On Leave from 20/11/19 - 12/12/19

