



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
 WEBSITE: www.realyoga.com.sg
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REAL YOGA'S CLASS SCHEDULE FOR 9TH DECEMBER 2019 TO 15TH DECEMBER 2019

STUDIO A CENTREPOINT

TIME	MONDAY 9TH DEC 2019	TUESDAY 10TH DEC 2019	WEDNESDAY 11TH DEC 2019	THURSDAY 12TH DEC 2019	FRIDAY 13TH DEC 2019	WEEKEND	SATURDAY 14TH DEC 2019	SUNDAY 15TH DEC 2019
7.30AM-8.30AM	Yoga Stretch Hiro		Hatha (B) Lim	Morning Stretch Mantu	Therapy Karen			
8.30AM-9.30AM	Hatha Vinyasa Sumit	Yin Yoga Amrit	Yoga Stretch Amrit	HIYT Mantu	Chakra Inder	8.30AM-9.30AM	Hatha Flow Su (8.15-9.15)	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)	Indian Traditional Kumar (11.00-12.00)	Yoga Stretch Amrit (10.30-12.00)	ADVANCED SAUMIK (10.30-12.00)	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) Sam	Yoga Stretch Gina	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 Mantu	Therapy Inder	12.30PM-1.30PM	Hatha (B) Su	Back Bend Amrit (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Su	Yoga Stretch Sumit	Stretch & Balance Mantu	Core Yoga Azad	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 Rana (4.45-5.45)	Yin Yoga Amrit (5.00-6.00)	Hatha (B) Azad	3.30PM-4.30PM	BODY OPENING SAUMIK (3.30-5.00)	Indian Traditional Amrit
6.30PM-7.30PM	ZUMBA Angela (MEMBERS ONLY)	Yin Yoga Su	Yoga Stretch Amrit (6.45-7.45)	HATHA (B) SAUMIK (6.45-7.45)	Yoga Stretch Azad	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)	PURNA SAUMIK (8.00-9.30)	COMBAT Issey (MEMBERS ONLY) (7.45-8.45)	6.15PM-7.15PM		
9.00PM-10.00PM	Inversion Amrit						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 Rana (8.00-9.00)	Hot Yoga Mindy
9.45AM-10.45AM	Hot Stretch Sumit	Hot Yoga Sumit	Hot Yoga Kumar	Hot Yoga Mantu	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 Su	Hot Stretch Rana	Hot Slimming Amrit	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit	HOT STRETCH SAUMIK (12.15-1.45)
4.30PM-5.30PM						1.45PM-2.45PM	Hot Stretch Rana (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 (6.00-7.00)	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 Su (MEMBERS ONLY) (7.45-8.45)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	Hot Yoga Amrit (MEMBERS ONLY)	Hot Stretch Azad (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM	Hot Yoga Rana	Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM	Hot Stretch Linda		Hot Back Bend Amrit (8.15-9.15)	(8.00-9.00)	Hot Yoga Azad (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 Inder On Leave From 28/11/2019 - 10/12/2109
 Master Adi On Leave from 20/11/19 - 12/12/19
 Teacher Vishal On Leave From 01/12/2019 - 20/12/2109

