



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843  
 WEBSITE: www.realyoga.com.sg  
 REAL YOGA Tel: 65-6734 2853

**REAL YOGA'S CLASS SCHEDULE FOR 6TH JANUARY 2020 TO 12TH JANUARY 2020**

STUDIO A CENTREPOINT Revision As On 10.01.2020

TIME	MONDAY 6TH JAN 2020	TUESDAY 7TH JAN 2020	WEDNESDAY 8TH JAN 2020	THURSDAY 9TH JAN 2020	FRIDAY 10TH JAN 2020	WEEKEND	SATURDAY 11TH JAN 2020	SUNDAY 12TH JAN 2020
7.30AM-8.30AM	Yoga Stretch YS		Hatha (B) Lim	Morning Stretch Amrit	Therapy Karen			
8.30AM-9.30AM	<b>HATHA (B) SAUMIK (9.00-10.00)</b>	Yoga Stretch Mira	Yoga Stretch Mira	<b>HIYT Lucas</b>	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	<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 (10.45-12.15)	Ashtanga (B) Inder (11.00-12.00)	9.45AM-10.45AM	Ashtanga LED Marta (9.15-10.45)	Hatha (2) Amrit (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Rana	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Sam	Yoga Stretch Karen	11.00AM-12.00PM	<b>COMBAT Issey (MEMBERS ONLY)</b>	
2.00PM-3.00PM	Yoga Twist Rana	Yoga Therapy Su	Back Bend & Twist Amrit (1.30-3.00)	<b>BODY OPENING SAUMIK</b>	Therapy Inder	12.30PM-1.30PM	Hatha (B) Vishal	Back Bend Amrit (All Level)
3.30PM-4.30PM	Yoga Balance Amrit	Hatha (B) Su	Yoga Stretch Rana	Stretch & Balance Su	Back Bend & Twist Azad	2.00PM-3.00PM	Hatha (M) Vishal (2.15-3.15)	Yoga Twist Mantu
5.15PM-6.15PM	Yoga Stretch Amrit	Yoga Stretch Rana (5.00-6.00)	<b>Pilates Rana (4.45-5.45)</b>	Yin Yoga Su (5.00-6.00)	Hatha (B) Azad	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	<b>YOGA STRETCH ADI (6.45-7.45)</b>	<b>HATHA (B) SAUMIK (6.45-7.45)</b>	Core Yoga Azad	5.00PM-6.00PM	Hatha (B) Vishal (5.15-6.15)	Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	Hatha (B) Rana	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	<b>MINDFUL YIN &amp; MEDITATION ADI (8.00-9.00)</b>	Hatha (2) Amrit (8.00-9.30)	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	6.15PM-7.15PM	<b>JOIN US FOR THE GRAND OPENING OF REAL YOGA ACADEMY 10.00AM-12.00PM</b>	
9.00PM-10.00PM						7.30PM-8.30PM		

STUDIO B

TIME	MONDAY 6TH JAN 2020	TUESDAY 7TH JAN 2020	WEDNESDAY 8TH JAN 2020	THURSDAY 9TH JAN 2020	FRIDAY 10TH JAN 2020	WEEKEND	SATURDAY 11TH JAN 2020	SUNDAY 12TH JAN 2020
7.15AM-8.15AM		Hot Yoga Amrit (7.30-8.30)				8.45AM-9.45AM	Hot Flow Karen (8.00-9.00)	Hot Yoga Karen
9.45AM-10.45AM	<b>Hot Stretch Amrit</b>	Hot Yoga Mira	Hot Yoga Mira	Hot Flow Amrit	Hot Stretch Azad	10.30AM-11.30AM	Hot Back Bend Vishal (9.30-10.30)	Hot Core & Strength Mantu (10.00-11.00)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch Su	Hot Stretch Rana	<b>HOT YOGA SAUMIK</b>	Hot Yoga Inder	12.00PM-1.00PM	<b>Hot Yoga Karen</b>	Hot Stretch Mantu (12.00-1.30)
4.30PM-5.30PM						1.45PM-2.45PM	<b>Hot Stretch Beal (2.00-3.00)</b>	Hot Slimming Amrit (2.00-3.00)
6.00PM-7.00PM	<b>Hot Stretch Rana (6.15-7.15)</b>	Hot Yoga Rana	<b>Hot Stretch Amrit (5.45-6.45)</b>	Hot Stretch Amrit (6.00-7.00)	Hot Yoga Issey (6.30-7.30)	3.15PM-4.15PM	Hot Vinyasa Vishal (3.30-4.30)	Hot Stretch Mindy
7.15PM-8.15PM	<b>Hot Core Amrit (MEMBERS ONLY) (7.30-8.30)</b>	Hot Stretch Su (MEMBERS ONLY) (7.45-8.45)	Hot Yoga Amrit (MEMBERS ONLY) (7.00-8.00)	Hot Stretch & Tone Su (MEMBERS ONLY)	Hot Stretch Azad (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM	<b>Hot Yoga Beal (4.45-5.45)</b>	Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM	Hot Yoga Rana	Hot Slimming Amrit (9.00-10.00)	<b>HOT BACK BEND SAUMIK (8.15-9.15)</b>	(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 Sumit On Leave From 30/12/2019 - 10/01/2020

