



**REAL YOGA'S CLASS SCHEDULE FOR 13TH JANUARY 2020 TO 19TH JANUARY 2020**

**STUDIO A CENTREPOINT**

TIME	MONDAY 13TH JAN 2020	TUESDAY 14TH JAN 2020	WEDNESDAY 15TH JAN 2020	THURSDAY 16TH JAN 2020	FRIDAY 17TH JAN 2020	WEEKEND	SATURDAY 18TH JAN 2020	SUNDAY 19TH JAN 2020
7.30AM-8.30AM	Yoga Stretch Hiro		Hatha (B) Lim	Morning Stretch Amrit	Therapy Karen			
8.30AM-9.30AM	Hatha Vinyasa Amrit	Yoga Stretch Mira	Yoga Stretch Mira	HIYT Amrit	Hatha (B) Sumit (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) Sumit (11.00-12.00)	<b>ALL LEVELS!</b> Hatha Flow Mira (11.00-12.00)	<b>TRADITIONAL YOGA ADI (11.00-12.00)</b>	Yoga Stretch Amrit (10.30-12.00)	Hatha (M) Sumit (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 Karen	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Karen	Yoga Stretch Karen	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)	Therapy Su	Therapy Azad	12.30PM-1.30PM	Hatha (B) Sumit	Back Bend Amrit (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	Hatha (B) Amrit	Yoga Stretch Sumit	Stretch & Balance Su	Back Bend & Twist Azad	2.00PM-3.00PM	Hatha (M) Sumit (2.15-3.15)	Yoga Twist Mantu
5.15PM-6.15PM	Yoga Stretch Sumit	Yoga Stretch Su (5.00-6.00)	Back Bend Sumit (4.45-5.45)	Yin Yoga Su (5.00-6.00)	Hatha (B) Azad	3.30PM-4.30PM	Yoga Stretch Mantu	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)	Core Yoga Azad	5.00PM-6.00PM		Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	Hatha (B) Amrit	<b>COMBAT Issey (MEMBERS ONLY) (7.45-8.45)</b>	Hatha (2) Sumit (8.15-9.15)	Hatha (2) 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**

TIME	MONDAY 13TH JAN 2020	TUESDAY 14TH JAN 2020	WEDNESDAY 15TH JAN 2020	THURSDAY 16TH JAN 2020	FRIDAY 17TH JAN 2020	WEEKEND	SATURDAY 18TH JAN 2020	SUNDAY 19TH 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	Hot Stretch Amrit	Hot Yoga Mira	Hot Yoga Mira	Hot Flow Linda	Hot Stretch Sumit	10.30AM-11.30AM	Hot Back Bend Sumit (9.30-10.30)	Hot Core & Strength Mantu (10.00-11.00)
12.15PM-1.15PM	Hot Yoga Amrit	Hot Stretch Su	Hot Stretch Amrit	Hot Yoga Linda	Hot Yoga Sumit	12.00PM-1.00PM	Hot Yoga Mantu	Hot Stretch Mantu (12.00-1.30)
4.30PM-5.30PM						1.45PM-2.45PM	Hot Twist Mnatu (2.00-3.00)	Hot Slimming Amrit (2.00-3.00)
6.00PM - 7.00PM	Hot Stretch Sumit (6.15-7.15)	Hot Yoga Amrit	Hot Stretch 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 Mindy
7.15PM-8.15PM	Hot Core Sumit (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 Stretch & Tone Su (MEMBERS ONLY)	Hot Stretch Azad (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM	Hot Yoga Sumit (4.45-5.45)	Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM	Hot Yoga Amrit	Hot Slimming Amrit (9.00-10.00)	Hot Back Bend Amrit (8.15-9.15)		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.

MASTER SAUMIK ON COURSE FROM 12/01/2020 - 22/01/2020  
 TEACHER INDER ON LEAVE FROM 16/01/2020 - 21/01/2020

