



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843
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REAL YOGA'S CLASS SCHEDULE FOR 17TH FEBRUARY 2020 TO 23RD FEBRUARY 2020

CENTREPOINT

Revision As On 20.02.2020

TIME	MONDAY 17TH FEB 2020	TUESDAY 18TH FEB 2020	WEDNESDAY 19TH FEB 2020	THURSDAY 20TH FEB 2020	FRIDAY 21ST FEB 2020	WEEKEND	SATURDAY 22ND FEB 2020	SUNDAY 23RD FEB 2020
7.30AM-8.30AM	Yoga Stretch Wynter		Hatha (B) Lim	Morning Stretch Amrit	Therapy Wynter			
8.30AM-9.30AM	Hatha Vinyasa Amrit	Yoga Stretch Mira	Yin Yoga Mira	HATHA (B) SAUMIK	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	ADVANCED SAUMIK (10.30-12.00)	ALL LEVELS! Hatha(B) Amrit (11.00-12.00)	TRADITIONAL YOGA ADI (11.00-12.00)	Yoga Stretch Amrit (10.45-12.15)	Hatha (M) Azad (10.30-12.00)	9.45AM-10.45AM	Ashtanga LED Marta (9.15-10.45)	PURNA SAUMIK (10.30-12.00)
12.30PM-1.30PM	Yoga Stretch Sam	Hatha (M) Amrit (12.00-1.30)	THERAPY & MEDITATION ADI (12.15-1.15)	Hatha (B) Sam	Yoga Stretch Azad	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)	Therapy Su	Therapy Inder	12.30PM-1.30PM	HATHA (B) SAUMIK	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 (5.00-6.00)	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	BODY OPENING SAUMIK (3.30-5.00)	Indian Traditional Amrit
6.30PM-7.30PM	ZUMBA Angela (MEMBERS ONLY)	Yin Yoga Su	YOGA STRETCH SAUMIK (6.45-7.45)	Hatha (B) Su	Core Yoga Azad	5.00PM-6.00PM	Hatha (B) Sumit (5.15-6.15)	Hatha (M) Amrit (4.45-5.45)
7.45PM-8.45PM	Hatha (B) Amrit	COMBAT Issey (MEMBERS ONLY)			COMBAT Issey (MEMBERS ONLY)	6.15PM-7.15PM		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE YOGA BASIC ADI (3.00-3.45)
9.00PM-10.00PM		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE YOGA FLOW SAUMIK (8.00-8.45)	Hatha (2) Sumit (8.15-9.15)	Yoga Balance Amrit (8.00-9.00)	HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE YOGA BACKBEND SAUMIK (8.00-8.45)	7.30PM-8.30PM		

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7.15AM-8.15AM		Hot Yoga Karen (7.30-8.30)				8.45AM-9.45AM	Hot Flow Karen (8.00-9.00)	Hot Yoga Amrit
9.45AM-10.45AM	Hot Stretch Amrit	Hot Yoga Mira	Hot Yoga Mira	Hot Flow Amrit (9.30-10.30)	Hot Stretch Inder	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 SAUMIK	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 Wynter (2.00-3.00)	Hot Slimming Amrit (2.00-3.00)
6.00PM-7.00PM	Hot Stretch Sumit	Hot Yoga Amrit	Hot Slimming Sumit (5.45-6.45)	Hot Yoga Amrit	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 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 Yoga Su (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Azad (MEMBERS ONLY) (7.45-8.45)	4.45PM-5.45PM		Hot Yoga Mantu (4.30-5.30)
8.45PM-9.45PM			HOT BACK BEND SAUMIK (8.05-9.05)					

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.

