



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843  
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**REAL YOGA'S CLASS SCHEDULE FOR 10TH FEBRUARY 2020 TO 16TH FEBRUARY 2020**

CENTREPOINT

Revision As On 11.02.2020



TIME	MONDAY 10TH FEB 2020	TUESDAY 11TH FEB 2020	WEDNESDAY 12TH FEB 2020	THURSDAY 13TH FEB 2020	FRIDAY 14TH FEB 2020	WEEKEND	SATURDAY 15TH FEB 2020	SUNDAY 16TH FEB 2020
7.30AM-8.30AM	Yoga Stretch Wynter		Hatha (B) Lim	Morning Stretch Amrit	Therapy YS			
8.30AM-9.30AM	Hatha Vinyasa Amrit	Yoga Stretch Mira	Yin Yoga Mira	<b>HATHA (B) SAUMIK</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(B) Amrit (11.00-12.00)	<b>TRADITIONAL YOGA ADI (11.00-12.00)</b>	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)	<b>PURNA SAUMIK (10.30-12.00)</b>
12.30PM-1.30PM	Yoga Stretch Sam	Hatha (M) Amrit (12.00-1.30)	<b>THERAPY &amp; MEDITATION ADI (12.15-1.15)</b>	Hatha (B) Sam	Yoga Stretch Gina	11.00AM-12.00PM	<b>COMBAT Issey (MEMBERS ONLY)</b>	
2.00PM-3.00PM	Yoga Twist Sumit	Yoga Therapy Mantu	Back Bend & Twist Amrit (1.30-3.00)	Therapy Amrit	Therapy Inder	12.30PM-1.30PM	<b>HATHA (B) SAUMIK</b>	Back Bend Amrit (All Level)
3.30PM-4.30PM	Yoga Balance Sumit	<b>Hatha (B) Mantu</b>	Yoga Stretch Sumit	<b>YOGA STRETCH ADI</b>	Back Bend & Twist Azad	2.00PM-3.00PM	<b>BODY OPENING SAUMIK (1.45-2.45)</b>	Yoga Twist Mantu
5.15PM-6.15PM	Yoga Stretch Sumit (5.00-6.00)	Yoga Stretch Mantu (5.00-6.00)	Back Bend Sumit (4.45-5.45)	<b>YIN YOGA ADI (5.00-6.00)</b>	Hatha (B) Azad	3.30PM-4.30PM	Hatha (M) Sumit (3.00-4.00)	Indian Traditional Amrit
6.30PM - 7.30PM	<b>ZUMBA Angela (MEMBERS ONLY)</b>	Core & Strength Mantu	<b>YOGA STRETCH SAUMIK (6.45-7.45)</b>	<b>HATHA (B) SAUMIK</b>	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	<b>COMBAT Issey (MEMBERS ONLY)</b>			<b>COMBAT Issey (MEMBERS ONLY)</b>	6.15PM-7.15PM		<b>HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE YOGA THERAPY ADI (3.00-3.45)</b>
9.00PM-10.00PM		<b>HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA (B) SAUMIK (8.00-8.45)</b>	Hatha (2) Sumit (8.15-9.15)	Yoga Balance Amrit (8.00-9.00)	<b>HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE YOGA STRETCH SAUMIK (8.00-8.45)</b>	7.30PM-8.30PM		

**STUDIO B**

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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 Mindy
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 Mantu	Hot Stretch Amrit	<b>HOT YOGA SAUMIK</b>	Hot Yoga Inder	12.00PM-1.00PM	Hot Yoga Sumit	<b>HOT STRETCH SAUMIK (12.15-1.45)</b>
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	<b>Hot Yoga Clara</b>	Hot Slimming Sumit (5.45-6.45)	Hot Yoga Clara	Hot Yoga Issey (6.30-7.30)	3.15PM-4.15PM	Hot Vinyasa Sumit (4.00-5.00)	Hot Stretch Mantu
7.15PM-8.15PM	Hot Core Sumit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch ST (MEMBERS ONLY) (7.30-8.30)	Hot Yoga Sumit (MEMBERS ONLY) (7.00-8.00)	<b>HOT YOGA SAUMIK (MEMBERS ONLY) (7.30-8.30)</b>	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 Yoga Amrit	Hot Core ST	<b>HOT BACK BEND SAUMIK (8.05-9.05)</b>	Hot Stretch Wynter	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 Linda Not Available From 28/01/2020 - 14/02/2020  
 Teacher Su On Leave From 10/02/2020 - 16/02/2020

