



 176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843 WEBSITE: www.realyoga.com.sg Tel: 65-6734 2853		REAL YOGA'S CLASS SCHEDULE FOR 6TH MARCH 2020 TO 12TH APRIL 2020							
CENTREPOINT						PUBLIC HOLIDAY GOOD FRIDAY!!			
TIME	MONDAY 6TH APR 2020	TUESDAY 7TH APR 2020	WEDNESDAY 8TH APR 2020	THURSDAY 9TH APR 2020	FRIDAY 10TH APR 2020	WEEKEND	SATURDAY 11TH APR 2020	SUNDAY 12TH APR 2020	
7.30AM-8.30AM									
8.30AM-9.30AM						8.30AM-9.30AM	Ashtanga LED Marta (9.15-10.45)	Yoga Stretch Mantu (9.00-10.00)	
10.30AM-11.30AM	ADVANCED SAUMIK (10.00-12.00)	ALL LEVELS! Hatha(B) Amrit (11.00-12.00)	TRADITIONAL YOGA ADI (11.00-12.00)	Deep Stretch Amrit (11.00-12.00)	ADVANCED SAUMIK (10.00-12.00)	9.45AM-10.45AM		PURNA SAUMIK (10.30-12.00)	
12.30PM-1.30PM	Therapy Su	Hatha (M) Amrit	THERAPY & MEDITATION ADI (12.15-1.15)		COMBAT Issey (MEMBERS ONLY)	11.00AM-12.00PM	COMBAT Issey (11.00-12.30)		
2.00PM-3.00PM	Yin Yoga Su				Yoga Twist Amrit	12.30PM-1.30PM	HATHA (M) SAUMIK (1.00-2.00)	Deep Back Bend & Twist Amrit	
3.30PM-4.30PM	Hatha (2) Sumit	Hatha (B) Amrit (3.15-4.15)	Hatha Flow Wynter	Yoga Stretch Mantu	Back Bend & Twist Azad	2.00PM-3.00PM	BODY OPENING SAUMIK (2.30-4.00)	Stretch & Balance Mantu	
5.15PM-6.15PM	Yoga Stretch Sumit (5.00-5.45)	Yoga Stretch Su (4.45-5.45)	Yoga Twist Wynter		Hatha (M) Azad (5.00-6.00)	3.30PM-4.30PM		Handstand Amrit	
6.30PM - 7.30PM	CLASSIC HATHA SAUMIK	Yin Yoga Su (6.00-7.00)	YOGA STRETCH SAUMIK (6.45-7.45)	Yin Yoga Su (5.30-6.30)		5.00PM-6.00PM	Handstand Sumit (5.00-6.00)		
7.45PM-8.45PM	Stretch Back Bend & Twist Amrit (7.45-8.45)	COMBAT Issey (MEMBERS ONLY) (7.30-8.30)		PURNA SAUMIK (7.00-8.30)		6.15PM-7.15PM			
9.00PM-10.00PM						7.30PM-8.30PM			
		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE THERAPY SAUMIK (8.00-8.45)		HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HIYT LUCAS (6.00-6.30)			HOME PRACTICE WITH REAL YOGA FACEBOOK LIVE HATHA FLOW SUMIT (3.15-4.00)		
STUDIO B									
TIME	MONDAY 6TH APR 2020	TUESDAY 7TH APR 2020	WEDNESDAY 8TH APR 2020	THURSDAY 9TH APR 2020	FRIDAY 10TH APR 2020	WEEKEND	SATURDAY 11TH APR 2020	SUNDAY 12TH APR 2020	
7.15AM-8.15AM						8.45AM-9.45AM			
9.45AM - 10.45AM	Hot Stretch Amrit	Hot Yoga Mira	Hot Yoga Amrit	Hot Piltaes Amrit	Hot Stretch Azad	10.30AM-11.30AM	Hot Flow Sumit (9.30-10.30)	Hot Core & Strength Mantu (10.15-11.15)	
12.15PM-1.15PM	HOT BACK BEND SAUMIK	Hot Stretch Mira	Hot Stretch Sumit	HOT YOGA SAUMIK	HOT TWIST SAUMIK	12.00PM-1.00PM	Hot Yoga Sumit	HOT STRETCH SAUMIK (12.15-1.45)	
4.30PM-5.30PM				Hot Core & Strength Mantu	Hot Yoga Amrit (3.30-4.30)	1.45PM-2.45PM	Hot Stretch Sumit (2.00-3.00)	Hot Slimming Amrit (2.15-3.15)	
6.00PM - 7.00PM	Hot Stretch Sumit	Hot HIYT Amrit (6.30-7.30)	Hot Slimming Sumit (6.00-7.00)	Hot Stretch Amrit (6.00-7.00)		3.15PM-4.15PM	Hot Stretch & Balance Sumit (4.00-5.00)	Hot Stretch Mantu (3.45-4.45)	
7.15PM-8.15PM	Hot Slimming Sumit (MEMBERS ONLY) (7.30-8.30)	Hot Stretch Amrit (MEMBERS ONLY) (8.00-9.00)	HOT BACK BEND (ADVANCED) SAUMIK (MEMBERS ONLY) (8.00-9.00)	Hot Stretch & Tone Su (MEMBERS ONLY) (8.00-9.00)		4.45PM-5.45PM			
8.45PM-9.45PM									
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.									

