



176 ORCHARD ROAD #06-06/07 THE CENTREPOINT SINGAPORE 238843

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Tel: 65-6734 2853

REAL YOGA'S CLASS SCHEDULE FOR 27TH JUNE 2020 TO 28TH JUNE 2020

CENTREPOINT

TIME	MONDAY 22ND JUN 2020	TUESDAY 23RD JUN 2020	WEDNESDAY 24TH JUN 2020	THURSDAY 25TH JUN 2020	FRIDAY 26TH JUN 2020	WEEKEND	SATURDAY 27TH JUN 2020	SUNDAY 28TH JUN 2020
7.30AM-8.30AM								
8.30AM-9.30AM						8.30AM-9.30AM	Stretch & Balance Mantu (9.15-10.15)	Yoga Stretch Mantu (9.15-10.15)
10.30AM-11.30AM						9.45AM-10.45AM		ONLINE ZOOM CLASS BODY OPENING SAUMIK (10.30-11.30)
12.30PM-1.30PM						11.00AM-12.00PM	Hatha (B) Amrit (11.45-12.45)	
2.00PM-3.00PM						2.00PM-3.00PM	ONLINE ZOOM CLASS HATHA MIRA (12.00-1.00)	Yoga Twist Mantu
3.30PM-4.30PM						3.30PM-4.30PM	Hatha (M) Sumit (1.15-2.15)	Indian Traditional Amrit
5.15PM-6.15PM						5.00PM-6.00PM	ONLINE ZOOM CLASS POWER KUMAR (2.00-3.00)	
6.30PM-7.30PM						6.15PM-7.15PM	Yoga Stretch Amrit (2.30-3.30)	
7.45PM-8.45PM						7.30PM-8.30PM	Hatha (B) Sumit (4.15-5.15)	

STUDIO B

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7.15AM-8.15AM						8.45AM-9.45AM		
9.45AM-10.45AM						10.30AM-11.30AM	Hot Flow Sumit (9.45-10.45)	Hot Yoga Amrit (9.45-10.45)
12.15PM-1.15PM						12.00PM-1.00PM	Hot Yoga Mantu (11.15-12.15)	Hot Core & Strength Mantu (11.15-12.15)
4.30PM-5.30PM						1.45PM-2.45PM	Hot Back Bend Amrit (12.45-1.45)	Hot Stretch Mantu (12.45-1.45)
6.00PM-7.00PM						3.15PM-4.15PM	Hot Vinyasa Sumit (2.15-3.15)	ONLINE ZOOM CLASS HATHA (2) SUMIT (1.30-2.30)
7.15PM-8.15PM						4.45PM-5.45PM	ONLINE ZOOM CLASS HATHA (M) AMRIT (3.30-4.30)	Hot Slimming Amrit (2.15-3.15)
8.45PM-9.45PM							ONLINE ZOOM CLASS INVERSION VISHAL (5.00-6.00)	Hot Yoga Mantu (3.45-4.45)

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.

ONLINE ZOOM CLASS BOOKING @ <https://realypunchpass.com> NOW!! (T&C Applies)

IN-STUDIO CLASS BOOKING @ <https://onlinebooking.realyoga.com.sg/realypunchpassportal>

BOOKINGS FOR IN-STUDIO CLASSES CAN ALSO BE MADE VIA REAL YOGA APPS

