



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735  
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REAL YOGA'S CLASS SCHEDULE FOR 15TH FEBRUARY 2021 TO 21ST FEBRUARY 2021

Revision As On 14.02.2021

STUDIO A								
TIME	MONDAY 15TH FEB 2021	TUESDAY 16TH FEB 2021	WEDNESDAY 17TH FEB 2021	THURSDAY 18TH FEB 2021	FRIDAY 19TH FEB 2021	WEEKEND TIME	SATURDAY 20TH FEB 2021	SUNDAY 21ST FEB 2021
7.30AM-8.30AM	<b>CORPORATE CLASS</b> Hatha (B) Joye	<b>IN-STUDIO &amp; ONLINE ZOOM</b> SUN SALUTATION VISHAL		<b>IN-STUDIO &amp; ONLINE ZOOM</b> STRETCH & TONE AZAD				
8.30AM-9.30AM	Vinyasa Vishal (9.00-10.00)	Yin & Yang Linda (9.15-10.15)	Hatha (B) Vishal (8.45-9.45)	Arm Balance (B) S.T (9.00-10.00)		8.30AM-9.30AM	Yoga Stretch Su (8.00-9.00)	Morning Stretch Azad (8.00-9.00)
10.30AM-11.30AM	Yoga Stretch Vishal (11.00-12.00)	Back Bend Vishal (10.45-11.45)	Therapy Vishal (11.15-12.15)	Back Bend Azad		9.45AM-10.45AM	Yin Yoga Su (9.30-10.30)	Core Yoga Azad (9.30-10.30)
12.15PM-1.15PM	Therapy Azad (12.30-1.30)	Core Yoga Azad	Yoga Twist Vishal (12.30-1.30)	Hatha (B) S.T		11.00AM-12.00PM	Hatha (B) Kumar	Hatha Flow Vishal
1.45PM-2.45PM	Hatha (B) Lydia (2.00-3.00)	Hatha (2) Azad (2.00-3.00)	Restorative Angie (2.00-3.00)	Hatha Flow Azad (2.30-3.30)		12.30PM-1.30PM	Vinyasa Vishal	Power (B) Azad
3.00PM-4.00PM	Yoga Twist Azad (5.00-6.00)	Hatha (B) Azad (5.00-6.00)	Hatha (M) Vishal (3.45-4.45)	Yoga Stretch Vishal (5.00-6.00)		2.00PM-3.00PM	Hatha (M) Vishal	<b>IN-STUDIO &amp; ONLINE ZOOM</b> YOGA BALANCE AZAD
5.00PM-6.00PM	Hatha (2) Vishal (6.30-7.30)	Back Bend Mindy (6.30-7.30)	Hatha (B) Pei Lien (Trainee Teacher)	Yoga Twist Wynter (6.30-7.30)		3.30PM-4.30PM	<b>IN-STUDIO &amp; ONLINE ZOOM</b> DEEP STRETCH VISHAL	Inversion Vishal (3.15-4.15)
6.30PM-7.30PM	<b>IN-STUDIO &amp; ONLINE ZOOM</b> YOGA STRETCH AZAD (8.15-9.15)	Hatha Flow Wynter (8.00-9.00)	Yoga Twist Wynter	Hatha (2) Azad (8.00-9.00)		5.00PM-6.00PM		
7.45PM-8.45PM			Yoga Stretch Penn (8.00-9.00)			6.30PM-7.30PM		

STUDIO B								
TIME	MONDAY 15TH FEB 2021	TUESDAY 16TH FEB 2021	WEDNESDAY 17TH FEB 2021	THURSDAY 18TH FEB 2021	FRIDAY 19TH FEB 2021	WEEKEND TIME	SATURDAY 20TH FEB 2021	SUNDAY 21ST FEB 2021
7.15AM - 8.15AM	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)		Anti-Oxidant Hot Stretch Vishal (7.30-8.30)	Anti-Oxidant Hot Twist Azad (8.30-9.30)				
9.45AM - 10.45AM	Anti-Oxidant Hot Hatha Azad (10.00-11.00)	Anti-Oxidant Hot Vinyasa Vishal (8.30-9.30)	Anti-Oxidant Hot Core Vishal (10.00-11.00)	Anti-Oxidant Hot Flow S.T (10.00-11.00)		8.45AM-9.45AM	Anti-Oxidant Hot Flow Vishal (7.30-8.30)	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)
12.00PM-1.00PM	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Back Bend Angie	Anti-Oxidant Hot Slimming Azad		10.30AM-11.30AM	Anti-Oxidant Hot Back Bend Vishal (9.45-10.45)	Anti-Oxidant Hot Stretch Vishal (9.00-10.00)
1.15PM-2.15PM		Anti-Oxidant Hot Stretch Lydia (1.30-2.30)		Anti-Oxidant Hot Stretch Vishal (1.30-2.30)		12.15PM-1.15PM	Anti-Oxidant Hot Twist Sharon (11.15-12.15)	Anti-Oxidant Hot Stretch & Twist Azad (10.30-11.30)
4.00PM-5.00PM	Anti-Oxidant Hot Flow Azad (3.30-4.30)	Anti-Oxidant Hot Yoga Azad (3.30-4.30)	Anti-Oxidant Hot Stretch Angie (3.00-4.00)	Anti-Oxidant Hot Yoga Vishal (4.00-5.00)		1.30PM-2.30PM	Anti-Oxidant Hot Therapy Kumar (12.45-1.45)	Anti-Oxidant Hot Hatha Liz (12.00-1.00)
6.15PM-7.15PM	Anti-Oxidant Hot Yoga Azad	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Hatha Liz	Anti-Oxidant Hot Back Bend Vishal		3.15PM-4.15PM	Anti-Oxidant Hot Stretch & Balance Kumar (2.15-3.15)	Anti-Oxidant Hot Stretch Sharon (1.30-2.30)
7.30PM-8.30PM	Anti-Oxidant Hot Back Bend Wynter (7.45-8.45)	Anti-Oxidant Hot Yoga Azad (7.45-8.45)	Anti-Oxidant Hot Yoga Wynter (7.45-8.45)	Anti-Oxidant Hot Stretch Wynter (7.45-8.45)		4.45PM-5.45PM	Anti-Oxidant Hot Yoga Kumar (3.45-4.45)	Anti-Oxidant Hot Therapy Azad (3.30-4.30)

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.

(FREE FOR MEMBER) **ONLINE ZOOM CLASS BOOKING** @ <https://realyoga.punchpass.com> NOW!! (T&C Applies)  
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