



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735  
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**REAL YOGA'S CLASS SCHEDULE FOR 1ST MARCH 2021 TO 7TH MARCH 2021**

**STUDIO A**

**TAMPINES**

TIME	MONDAY 1ST MAR 2021	TUESDAY 2ND MAR 2021	WEDNESDAY 3RD MAR 2021	THURSDAY 4TH MAR 2021	FRIDAY 5TH MAR 2021	WEEKEND TIME	SATURDAY 6TH MAR 2021	SUNDAY 7TH MAR 2021
7.30AM-8.30AM	<b>CORPORATE CLASS</b> Hatha (B) Carmen	<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)	Hatha Flow Azad (9.00-10.00)	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 (7.45-8.45)
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 (11.00-12.00)		9.45AM-10.45AM	Yin Yoga Su (9.30-10.30)	Core Yoga Azad (9.15-10.15)
12.15PM-1.15PM	Therapy Azad (12.30-1.30)	Core Yoga Azad	Yoga Twist Vishal (12.30-1.30)	Vinyasa S.T (12.30-1.30)		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)	<b>CORPORATE CLASS</b> Yoga Therapy Angie (2.00-3.00)	Hatha (B) S.T (2.00-3.00)		12.30PM-1.30PM	Vinyasa Vishal	Back Bend Wynter
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	Core Yoga 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)	Yoga Twist Wynter (8.00-9.00)	Inversion (Basic) Wynter	Hatha (2) Azad (8.00-9.00)		5.00PM-6.00PM		
7.45PM-8.45PM			Yoga Stretch Sharon (8.00-9.00)			6.30PM-7.30PM		

**STUDIO B**

TIME	MONDAY 1ST MAR 2021	TUESDAY 2ND MAR 2021	WEDNESDAY 3RD MAR 2021	THURSDAY 4TH MAR 2021	FRIDAY 5TH MAR 2021	WEEKEND TIME	SATURDAY 6TH MAR 2021	SUNDAY 7TH MAR 2021
7.15AM - 8.15AM	Anti-Oxidant Hot Yoga Vishal (7.30-8.30)		Anti-Oxidant Hot Stretch Vishal (7.30-8.30)	<b>CORPORATE CLASS</b> Yoga Stretch Carmen (7.30-8.30)				
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 Twist Azad (9.30-10.30)		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 Core 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 Vishal (1.30-2.30)		12.15PM-1.15PM	Anti-Oxidant Hot Twist Sharon (11.15-12.15)	Anti-Oxidant Hot Stretch & Twist Wynter (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 HotStretch 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 Power Azad (12.15-1.15)
6.15PM-7.15PM	Anti-Oxidant Hot Yoga Azad	Anti-Oxidant Hot Stretch Vishal	Anti-Oxidant Hot Hatha Pei Lien (Trainee Teacher)	Anti-Oxidant Hot Back Bend Vishal		3.15PM-4.15PM	Anti-Oxidant Hot Stretch & Balance Kumar (2.15-3.15)	Anti-Oxidant Hot Stretch Penn (1.45-2.45)
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 Twist 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 BOOKINGS** @ <https://realyoga.punchpass.com> NOW!! (T&C Applies)

**IN-STUDIO CLASS BOOKINGS** @ <https://onlinebooking.realyoga.com.sg/realyoga%20portal>

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

TEACHER SUMIT ON LEAVE

