



9 TAMPINES GRANDE #01-14/15 SINGAPORE 528735
 Website: www.realyoga.com.sg
 TEL: 65-66046084

REAL YOGA'S CLASS SCHEDULE FOR 22ND FEBRUARY 2021 TO 28TH FEBRUARY 2021

Revision As On 22.02.2021

STUDIO A								
TIME	MONDAY 22ND FEB 2021	TUESDAY 23RD FEB 2021	WEDNESDAY 24TH FEB 2021	THURSDAY 25TH FEB 2021	FRIDAY 26TH FEB 2021	WEEKEND TIME	SATURDAY 27TH FEB 2021	SUNDAY 28TH FEB 2021
7.30AM-8.30AM	CORPORATE CLASS Hatha (B) Carmen	IN-STUDIO & ONLINE ZOOM SUN SALUTATION VISHAL		IN-STUDIO & ONLINE ZOOM 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 (11.00-12.00)		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 (12.30-1.30)		11.00AM-12.00PM	Hatha (B) Chandan	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)	Vinyasa S,T (2.00-3.00)		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	IN-STUDIO & ONLINE ZOOM 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	IN-STUDIO & ONLINE ZOOM DEEP STRETCH VISHAL	Inversion Vishal (3.15-4.15)
6.30PM-7.30PM	IN-STUDIO & ONLINE ZOOM 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 22ND FEB 2021	TUESDAY 23RD FEB 2021	WEDNESDAY 24TH FEB 2021	THURSDAY 25TH FEB 2021	FRIDAY 26TH FEB 2021	WEEKEND TIME	SATURDAY 27TH FEB 2021	SUNDAY 28TH 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 Azad (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 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 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 HotStretch Angie (3.00-4.00)	Anti-Oxidant Hot Yoga Vishal (4.00-5.00)		1.30PM-2.30PM	Anti-Oxidant Hot Therapy Chandan (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 Vivi	Anti-Oxidant Hot Back Bend Vishal		3.15PM-4.15PM	Anti-Oxidant Hot Stretch & Balance Chandan (2.15-3.15)	Anti-Oxidant Hot Stretch Penn (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 Chandan (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)
IN-STUDIO CLASS BOOKING @ <https://onlinebooking.realyoga.com.sg/realyoga%20sport>
 BOOKINGS FOR IN-STUDIO CLASSES CAN ALSO BE MADE VIA REAL YOGA APPS
 TEACHER SUMIT ON LEAVE

