



REAL YOGA CLASS SCHEDULE FOR -10TH JUNE TO16TH JUNE 2019

STUDIO A HO-CHI-MINH

TIME	MONDAY 10TH JUNE 2019	TUESDAY 11TH JUNE 2019	WEDNESDAY 12TH JUNE 2019	THURSDAY 13TH JUNE 2019	FRIDAY 14TH JUNE 2019	w e e k e n d	SATURDAY 15TH JUNE 2019	SUNDAY 16TH JUNE 2019
7:00AM-8:00AM	MEDITATION & PRANAYAMA	BASIC YOGA	YOGA THERAPY	SWEAT & DANCE	GENTLE YOGA			
8.15AM-9.15PM	MIX YOGA	YOGA THERAPY	YOGA STRETCH	BACKBEND THERAPY	YOGA TWIST	8.00AM-9.00AM	AEROBICS	C
9.30AM-10.30AM	SHIVANANDA YOGA	YOGA FLOW	SWEAT & DANCE	POWER YOGA	CORE YOGA	9.15AM-10.15AM	YOGA STRETCH	L
10.30AM-11.30AM	YOGA STRETCH	YOGA TWIST	YOGA THERAPY	TRADITIONAL YOGA	BOLLYWOOD	10.15AM-11.15AM	BOLLYWOOD	O
11.30AM-12.30PM	GENTLE YOGA	YOGA THERAPY	STICK YOGA	TWIST & MEDITATION	BASIC YOGA	11.30AM-12.30PM	YOGA THERAPY	S
12.30PM-1.30PM	YOGA TWIST	YOGA STRETCH	YOGA FOR SLIMMING (B)	CORE YOGA (B)	WALL YOGA	12.30PM-1.30PM	HATHA YOGA	E
3.30PM-4.30PM	BASIC YOGA	STICK YOGA	BACKBEND THERAPY	YOGA STRETCH (B)	YOGA THERAPY & PRANAYAMA	2:30PM-3:30PM	RYTTC	D
5.00PM-6.00PM	HATHA (B)	YOGA FOR SLIMMING	YOGA STRETCH	YOGA FOR ARMS	YOGA TWIST	3.30PM-4.30PM	YOGA TWIST	
6:15PM-7:15PM	BACKBEND THERAPY	YOGA THERAPY & MEDITATION	YOGA TWIST	YOGA STRETCH	MIX YOGA	5:00PM-6:00PM		
7:15PM-8:15PM	WORKOUT DANCE	SWEAT & DANCE	CORE FIT DANCE	AEROBICS	WORKOUT DANCE			
8.15PM-9.15PM	STICK YOGA	BACKBEND	YOGA FOR SLIMMING (B)	YOGA THERAPY	YOGA STRETCH			

STUDIO B

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7:00AM-8:00AM	HOT SHIVANANDA YOGA	HOT TWIST	YOGA DAY SPECIAL YOGA FOR MIND (STRESS & ANXIETY) NEHA	HOT MIX YOGA	HOT SLIMMING	7:00AM-8:00AM		
8:00AM-9:00AM	HOT SLIMMING	HOT WALL YOGA	HOT TWIST	HOT YOGA	HOT WORKOUT DANCE	8:00AM-9:00AM	HOT BACKBEND	C
9.15AM-10.15AM	HOT THERAPY	HOT MIX YOGA	HOT STRETCH	HOT GENTLE YOGA	HOT STRETCH	9.30AM-10.30AM	HOT CORE	L
11:30AM-12:30PM	HOT AEROBICS	HOT YOGA FOR LOWER BODY	HOT ANTI-GRAVITY	HOT CORE FIT DANCE	HOT FLOW	11.30AM-12.30PM	HOT DANCE	O
2.15PM-3.15PM	HOT STRETCH	HOT SLIMMING	HOT PROP YOGA	HOT YOGA	HOT TWIST	5.00PM-6.00PM	HOT YOGA FOR LOWER BODY	S
6.15PM-7.15PM	YOGA DAY SPECIAL HOT ACRO-AERIAL YOGA DEEP &	HOT ANTI-GRAVITY	HOT ASTANGA	HOT WALL YOGA	HOT CORE			E
7.15PM-8.15PM	HOT TWIST	HOT STRETCH	HOT BACKBEND	HOT YOGA	HOT SHIVANANDA			D

Dear values members :
 *Please arrive 10-15minutes before class. *
 *classes or instructors might change without prior notice.
 mins no one will be permitted to enter the studio once the class begins. *After 10

