



REAL YOGA CLASS SCHEDULE FOR -12TH AUGUST TO 18TH AUGUST 2019

STUDIO A HO-CHI-MINH

TIME	MONDAY 12TH AUGUST 2019	TUESDAY 13TH AUGUST 2019	WEDNESDAY 14TH AUGUST 2019	THURSDAY 15TH AUGUST 2019	FRIDAY 16TH AUGUST 2019	w e e k e n d	SATURDAY 17TH AUGUST 2019	SUNDAY 18TH AUGUST 2019
7:00AM-8:00AM	YOGA TWIST	YOGA THERAPY	GENTLE YOGA		BASIC YOGA			
8.15AM-9.15PM	MIX YOGA	YOGA TWIST & MEDITATION	BACKBEND THERAPY		YOGA STRETCH	8.00AM-9.00AM	AEROBICS	C
9.30AM-10.30AM	VINYASA YOGA	DETOX YOGA	SWEAT & DANCE		YOGA FOR SLIMMING	9.15AM-10.15AM	YOGA TWIST	L
10.30AM-11.30AM	YOGA STRETCH	BOLLYWOOD	HATHA YOGA		PILATIES	10.15AM-11.15AM	BOLLYWOOD	O
11.30AM-12.30PM	YOGA TWIST	SLIMMING THERAPY	YOGA FOR KNEE & SHOULDER PAIN		BASIC YOGA & PRANAYAMA	11.30AM-12.30PM	YOGA STRETCH	S
12.30PM-1.30PM	MIX YOGA	YOGA STRETCH	YOGA TWIST		HATHA YOGA	12.30PM-1.30PM	YOGA FOR SLIMMING	E
3.30PM-4.30PM	GENTLE YOGA	BACKBEND THERAPY	YOGA THERAPY		YOGA FOR PAIN RELIEF	2:30PM-3:30PM	RYTTC	D
5.00PM-6.00PM	GENTLE YOGA	SHIVANANDA YOGA	YOGA STRETCH		CORE YOGA	3.30PM-4.30PM	YOGA STRETCH	
6:15PM-7:15PM						5:00PM-6:00PM		
7:15PM-8:15PM	YOGA TWIST	CORE-FIT DANCE	YOGA TWIST		WORKOUT DANCE			
8.15PM-9.15PM	WORKOUT DANCE		YOGA FOR SLIMMING	CORE YOGA & MEDITATION				

STUDIO B

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7:00AM-8:00AM	HOT YOGA	HOT TWIST	HOT STRETCH	HOT YIN YOGA (7.30AM-9.00AM)	HOT BACKBEND & PRANAYAMA	7:00AM-8:00AM		
8:00AM-9:00AM	HOT STRETCH	HOT WALL YOGA	HOT CORE		HOT WORKOUT DANCE	8:00AM-9:00AM	HOT MIX YOGA	C
9.15AM-10.15AM	HOT MIX YOGA	HOT WORKOUT DANCE	HOT TWIST	HOT STRETCH (10.00AM-11.30AM)	HOT PROP YOGA	10.15AM-11.15AM		L
11:30AM-12:30PM	AEROBICS	HOT DEEP STRETCH	HOT ANTI- GRAVITY (BOOK IN ADVANCE)		HOT SLIMMING	11.30AM-12.30PM	HOT DANCE	O
2.15PM-3.15PM	HOT TWIST	HOT BASIC YOGA	HOT SLIMMING		HOT YOGA	5.00PM-6.00PM	HOT STRETCH & TWIST	S
6.15PM-7.15PM	HOT WALL YOGA	HOT CORE	HOT BACKBEND		HOT SLIMMING			E
7.15PM-8.15PM	HOT YIN & YANG	HOT POWER	HOT STRETCH		HOT ASTANGA			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

