



**REAL YOGA CLASS SCHEDULE FOR -5TH AUGUST TO 11TH AUGUST 2019**

**STUDIO A HO-CHI-MINH**

TIME	MONDAY 5TH AUGUST 2019	TUESDAY 6TH AUGUST 2019	WEDNESDAY 7TH AUGUST 2019	THURSDAY 8TH AUGUST 2019	FRIDAY 9TH AUGUST 2019	w e e k e n d	SATURDAY 10TH AUGUST 2019	SUNDAY 11TH AUGUST 2019
7:00AM-8:00AM	GENTLE YOGA & MEDITATION	YOGA THERAPY	MIX YOGA	BASIC YOGA	YOGA FOR KNEE & SHOULDER PAIN			
8.15AM-9.15PM	BACKBEND THERAPY	YOGA STRETCH	YOGA TWIST	MIX YOGA	STICK YOGA	8.00AM-9.00AM	AEROBICS	C
9.30AM-10.30AM	ASTANGA YOGA	YOGA FLOW	SWEAT & DANCE	VINYASA YOGA	CORE YOGA	9.15AM-10.15AM	PROP YOGA	L
10.30AM-11.30AM	YOGA BALANCE	BOLLYWOOD	WORKSHOP ON SMILE ( IMPORTANCE ON SMILE & HYGIENE)	TWIST & TONE	BOLLYWOOD	10.15AM-11.15AM	BOLLYWOOD	O
11.30AM-12.30PM	MIX YOGA	BASIC YOGA & MEDITATION	YOGA THERAPY	YOGA FOR SLIMMING (B)		11.30AM-12.30PM	YOG TWIST	S
12.30PM-1.30PM	BACKBEND & MEDITATION	HATHA YOGA	YOGA FOR SLIMMING (B)	YOGA STRETCH	YOGA TWIST	12.30PM-1.30PM	BACKBEND THERAPY	E
3.30PM-4.30PM	YOGA THERAPY DEEP	YOGA STRETCH	BACKBEND THERAPY	SLIMMING THERAPY	YOGA FOR KNEE & SHOULDER PAIN	2:30PM-3:30PM	RYTTC	D
5.00PM-6.00PM	PROP YOGA DEEP	YOGA THERAPY	YOGA FLOW	GENTLE YOGA	SHIVANANDA YOGA	3.30PM-4.30PM	YOGA TWIST	
6:15PM-7:15PM		BACKBEND THERAPY	SLIMMING THERAPY		GENTLE YOGA & MEDITATION	5:00PM-6:00PM		
7:15PM-8:15PM	YOGA STRETCH	CORE-FIT DANCE	BACKBEND	AEROBICS	WORKOUT DANCE			
8.15PM-9.15PM	WORKOUT DANCE	BASIC YOGA	MIX YOGA	YOGA THERAPY	YOGA TWIST			

**STUDIO B**

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7:00AM-8:00AM	HOT SLIMMING	HOT WALL YOGA	HOT BACKBEND	HOT STRETCH & MEDITATION	HOT TWIST	7:00AM-8:00AM		
8:00AM-9:00AM	HOT SHIVANANDA YOGA	HOT STRETCH	HOT STICK YOGA	HOT VINYASA	HOT WORKOUT DANCE	8:00AM-9:00AM	HOT BACKBEND THERAPY	C
9.15AM-10.15AM	HOT STRETCH	HOT WORKOUT DANCE	HOT PROP YOGA	HOT BACKBEND THERAPY	HOT BASIC YOGA	10.15AM-11.15AM-	HOT WALL STRETCH	L
11:30AM-12:30PM	AEROBICS	HOT CHALLENGE	HOT ANTI- GRAVITY	HOT CORE FIT DANCE	HOT STRETCH	11.30AM-12.30PM	HOT DANCE	O
2.15PM-3.15PM	HOT SLIMMING		HOT PROP YOGA	HOT TWIST	HOT MIX YOGA	5.00PM-6.00PM	HOT SLIMMING	S
6.15PM-7.15PM	HOT YOGA	HOT ANTI-GRAVITY	HOT CHALLENGE	HOT CORE	HOT VINYASA			E
7.15PM-8.15PM	HOT WALL YOGA	HOT STRETCH	HOT TWIST	HOT YIN YOGA	HOT FLOW			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

