



**STUDIO A**

TIME	MON 26/07	TUES 27/07	WED 28/07	THURS 29/07	FRI 30/07	SAT 31/07	SUN 01/08
7.00 - 8.00	YOGA THERAPY SUDHIR	MORNING YOGA ADI	GENTLE YOGA SUDHIR	MORNING YOGA ADI	YOGA THERAPY SHREE		
8.15 - 9.15	BOLLYWOOD DANCE KUMAR (08.30-09.30)	BELLY BEGINNERS DANCE KUMAR	CARDIO 'N CORE YOGA ADI (08.30-09.30)	BODYCOMBAT LI HUA (08.30-09.30)	BELLY BEGINNERS DANCE KUMAR	YIN YOGA JO (08.30-10.00)	YOGA THERAPY ADI (09.15-10.15)
9.45 - 10.45	HATHA YOGA (M) SUDHIR	SUN FLOW CARDIO ADI	BODYCOMBAT ISSEY	CORE YOGA ADI	TRADITIONAL YOGA ADI (09.30-10.45)	GENTLE YOGA SUDHIR (10.15-11.15)	TRADITIONAL YOGA ADI (11.00-12.15)
11.15 - 12.15	SATHI YOGA (B) JADE (11.00-12.15)	YOGALATES YOGI	HATHA YOGA (M) SUDHIR	YOGA THERAPY ADI	YOGA THERAPY SUDHIR	PRE-NATAL MOHAN (11.30 - 12.30)	BOLLYWOOD DANCE ROCK (12.30-1.30)
12.30 - 1.30	HATHA YOGA (B) RAJESH	PERFORMANCE BELLY DANCE KUMAR	FUSION DANCE KUMAR	FREESYLE DANCE ROCK	BOLLYWOOD DANCE KUMAR	PERFORMANCE BELLY DANCE KUMAR (12.45-1.45)	FUSION DANCE ROCK (1.45-2.45)
2.00 - 3.00	YOGA THERAPY ADI	BOLLYWOOD DANCE KUMAR	BOLLYWOOD DANCE KUMAR	FUSION DANCE ROCK	FUSION DANCE KUMAR	HATHA FLOW ISSEY (2.00-3.00)	PRANAYAMA & MEDITATION SUDHIR (3.15-4.15)
3.15 - 4.45 [90 mins]	YIN YOGA LYNETTE	YIN YOGA JO (4.30 - 6.00)	YIN YOGA JO	YIN YOGA JO	YIN YOGA JO	BODYCOMBAT ISSEY (3.15 - 4.15)	CORE YOGA ADI (5.00-6.00)
5.30 - 6.30	HATHA YOGA (B) MOHAN (5.45-6.45)		PERFORMANCE BELLY DANCE KUMAR	HATHA YOGA (B) SUDHIR	YOGA THERAPY ADI (5.15-6.15)	YOGA THERAPY RAJESH (4.30-5.30)	LONG LIVE YOGA SHREE (6.15-7.15)
7.00 - 8.00	TRADITIONAL YOGA ADI	CARDIO 'N CORE YOGA ADI	HATHA YOGA (B) ADI	BODYCOMBAT ISSEY	CARDIO 'N CORE YOGA ADI	GENTLE YOGA MOHAN (5.45-6.45)	YOGA STRETCH SHREE (7.30 - 8.30)
8.15 - 9.15	HATHA YOGA (B) SUDHIR	YOGA STRETCH SHREE	KRYOGA (B) SHREE	YOGA CURE RAJESH	FUSION DANCE KUMAR	YOGA SAHAJ SHREE (7.30 - 8.30)	
9.30 - 10.30	GENTLE YOGA ANKUR	HATHA YOGA (B) MOHAN	GENTLE MOHAN	YOGA THERAPY RAJESH	GENTLE YOGA SUDHIR		

*No one will be permitted to enter the studio without a ticket or once the class begins*

**STUDIO B**

TIME	MON 26/07	TUES 27/07	WED 28/07	THURS 29/07	FRI 30/07	SAT 31/07	SUN 01/08
7.15 - 8.15	HOT YOGA MOHAN	HOT YOGA MOHAN	Static HOT K 18 SHREE	HOT YOGA SUDHIR	HOT YOGA RAJESH	Static HOT K 18 SHREE (08.00-09.00)	HOT YOGA SUDHIR (08.00 - 09.00)
9.30 - 10.30	HOT YOGA RAJESH	Static HOT K 18 SHREE	HOT YOGA SUDHIR	HOT YOGA MOHAN (08.30-09.30)	POWER YOGA ISSEY (09.45-11.00)	BELLY DANCE KUMAR (09.30-10.30)	HOT YOGA ANKUR (09.30-10.30)
11.15 - 12.15	PILATES MATWORK KARRIE (11.00-12.00)	YOGA THERAPY MOHAN	GENTLE YOGA RAJESH (11.00-12.00)	HATHA YOGA (M) SUDHIR (10.00-11.00)	HATHA YOGA (B) SHREE	BOLLYWOOD DANCE KUMAR (10.45-11.45)	GENTLE YOGA RAJESH (10.45-11.45)
12.45 - 1.45	FUSION DANCE KUMAR	HATHA YOGA (B) YOGI	ADVANCE PILATES ALOYSIOUS (12.15-1.15)	INTRO HATHA VINYASA ADELINE (12.30-1.30)	YOGALATES RAJESH (12.45 - 1.45)	GENTLE YOGA SUDHIR (12.00-1.00)	PRE-NATAL MOHAN (12.30 - 1.30)
2.00 - 3.00	GENTLE YOGA SHREE (2.15-3.15)	BODYCOMBAT LIHUA	YOGA THERAPY ADI (2.15 - 3.15)	BOLLYWOOD DANCE ROCK (3.30-4.30)	GENTLE YOGA RAJESH	PILATES MATWORK MOHAN (1.15-2.15)	YOGA SAHAJ MOHAN (1.45 - 2.45)
3.30 - 4.30	BODYCOMBAT ISSEY	YOGA THERAPY YOGI	HOT YOGA SHREE (4.30-5.30)		BODYCOMBAT ISSEY	HATHA YOGA (B) RAJESH (3.15 - 4.15)	KRYOGA THERAPY SHREE (3.30-4.30)
6.00 - 7.00	Static HOT K 18 SUDHIR	HOT YOGA YOGI	HOT YOGA MOHAN	HOT YOGA RAJESH (6.30-7.30)	HOT FLOW SERIES SHREE	FUSION DANCE KUMAR (4.30-5.30)	Static HOT K 18 ANKUR (6.30-7.30)
7.15 - 8.15	HOT YOGA ANKUR	HOT YOGA MOHAN	HOT YOGA SUDHIR	HOT YOGA MOHAN (7.45 - 8.45)	Static HOT K 18 ANKUR	HOT YOGA RAJESH (6.15-7.15)	HOT YOGA RAJESH (7.45-8.45)
9.00 - 10.00	YOGA THERAPY RAJESH	BODYCOMBAT MELVIN	BOLLYWOOD DANCE KUMAR (8.45-9.45)	YOGA DHARANA (B) MOHAN	HATHA YOGA (B) ANKUR		

*No one will be permitted to enter the studio without a ticket or once the class begins*

**STUDIO C at level 12 (please use the office lift)**

TIME	MON 26/07	TUES 27/07	WED 28/07	THURS 29/07	FRI 30/07	SAT 31/07	SUN 01/08
8.30 - 10.00 [90 mins.]	VINYASA (M) JADE (09.30-10.45)	ASHTANGA LED (M) ADELINE (09.15 - 10.45)	SUN SALUTATION YVETTE (09.30-10.45)	PRANAYAMA & MEDITATION SUDHIR (08.30-09.30)	DYNAMIC PILATES ALOYSIOUS (08.30 - 09.30)	POWER YOGA (B) SUDHIR (08.30 - 09.30)	VINYASA (I) JADE (09.30 - 10.45)
11.00 - 12.00	ASHTANGA YOGA ANKUR (11.15-12.15)	SUN SALUTATION JADE (11.00 - 12.30)	DYNAMIC PILATES ALOYSIOUS		ASHTANGA LED JADE (10.00 - 11.30)	SOLAR FLOW INTERMEDIATE JO (10.15-11.45)	KIDS YOGA ANKUR (11.00-12.00)
12.30 - 1.30	POWER YOGA ANKUR	PILATES MATWORK SABU (12.45-1.45)	ASHTANGA LED (M) JADE (12.30 - 2.00)	YOGALATES SABU (12.15-1.15)	HATHA YOGA (M) SUDHIR (12.45-1.45)	HATHA YOGA (B) SHREE (12.45-1.45)	YOGA SAHAJ RAJESH (12.15-1.15)
2.45 - 3.45	HATHA YOGA (M) RAJESH (1.45-2.45)	YOGALATES SABU (2.15-3.15)	HATHA YOGA (M) RAJESH (3.15-4.15)	HATHA YOGA (M) RAJESH (2.15-3.15)	YOGA YOGA (B) ANKUR	KIDS YOGA MOHAN (2.20 - 3.20)	ASHTANGA YOGA ANKUR (1.30-2.30)
5.00 - 6.00	ASHTANGA YOGA SHREE (3.30-4.30)	HATHA YOGA (B) SHREE (3.30-4.30)	VINYASA YOGA YVETTE (5.00-6.30)	GENTLE YOGA GUAT (3.30-4.30)	ASHTANGA YOGA SHREE (4.45-5.45)	YOGA STRETCH SHREE (3.30-4.30)	ASHTANGA LED JADE (3.00 - 4.30)
	YOGA SAHAJ SHREE (6.15-7.15)	HATHA YOGA (M) SHREE (6.00-7.00)		PILATES MATWORK MOHAN (4.30-5.30)		SIVANANDA ISSEY (4.45-6.00)	HATHA YOGA (M) RAJESH (4.45 - 5.45)
6.15 - 7.15	HATHA YOGA (M) MOHAN (7.30-8.30)	SUN SALUTATION JADE (7.15-8.30)	YOGA SAHAJ SHREE (6.45-7.45)	HATHA YOGA (M) MOHAN (6.00-7.00)	GENTLE YOGA ANKUR (6.00-7.00)	POWER YOGA (M) SUDHIR (6.15-7.15)	HATHA YOGA (M) MOHAN (6.15-7.15)
7.30 - 8.30	GENTLE YOGA SHREE (8.45-9.45)	ASHTANGA LED ADELINE (8.30 - 10.00)	ENDURANCE PILATES MOHAN (8.00-9.00)	HATHA YOGA (M) SUDHIR	POWER YOGA (M) SUDHIR	HATHA YOGA (M) RAJESH	POWER YOGA MOHAN (7.45 - 8.45)

Dear Members, we seek your kind understanding that with effect from 15 Aug 06, a penalty fee of \$25 will be imposed if there is no notification for cancellation of class booked is informed. No one will be permitted to enter the class without a class card or after the class commences. Thank you.



## Class Descriptions

- Beginners' Yoga** - A basic & gentle way of practicing yoga, the postures work every part of your body. Stretching and toning the muscles joint. Suitable for beginners. **New Class!**
- Asana & Pranayama for ALL** - Various postures (asanas) and breathing techniques of yoga (pranayama) to detoxify, destress, and boost your energy for good health and vitality.
- Ashtanga Led** - The system of Yoga taught by Sri K. Pattabhi Jois in Mysore, India. This method of Yoga involves synchronizing the breath with a set sequence of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind. **60 mins** - Featuring postures from the first half of the primary series as well as the finishing set of postures. It is a dynamic and vigorous practice that focuses on maintaining the awareness of flow which links breath and movement. Beginners and experienced students are welcome. **75 mins** - The first half of the Primary Series taught up to Navasana, followed by the finishing set of postures. **90 mins** - The Primary Series taught in its traditional sequence. It includes sun salutations, standing, seated and inverted poses. Endurance and a graceful flow are developed as asanas are weaved through vinyasas. Previous Ashtanga yoga experience strongly recommended. Not suitable for beginners.
- Ashtanga Yoga** - a unique system of yoga that emphasizes proper diet, effective asanas (postures), pranayama (breathing), mudras & bandhas (gestures & locks), dharana (concentration) & dhyana (meditation) to detox, destress and increase your vitality.
- Bandha Yoga** - Bandha means "Lock". In Yoga, it has three Bandhas - Mula Bandha, Uddiyan Bandha and Jalandara Bandha. Each Bandha is a Lock, meaning of closing of interior body. These Locks are used in various Pranayama and Asana practice to tone, cleanse and energize the interior body and organs.
- Belly Dance** - is the oldest form of dance having roots in all ancient cultures from the Orient to India to the Middle East. Our Belly Dance, is an updated form of the original Belly Dance, which incorporates more calculated and sensuous body coordination. It often focuses upon isolating different parts of the body, moving them independently in sensuous patterns. The class is perfect for any age group or interest level, using all of the body's muscle groups and enhancing the dancer's flexibility, isolation, confidence, creativity and sense of rhythm.
- Bollywood Dance** - A vibrant and entertaining dance! Come and join the rhythm of joy that introduces you to the blissful nature of Indian Bollywood Dance
- Classical Dance** - A very energetic dance involving all body movements. Great for beginners.
- Fusion Dance** - A powerful combination of cardio vascular exercises with fun filled dance moves. Suitable for everybody. In Series 1, 2 and 3.
- Core Yoga** - A dynamic & energetic form which basically stimulates core parts in our body. It physically and mentally challenges the practitioners to connect to an inner power. Core Yoga helps heal, detoxify and rouse the body and mind. It mostly emphasis on abs, back, hips and pelvis.
- Cure Yoga** - A therapeutic aspect of Yoga. Good for all levels. Especially those with sport injuries and any health problems like stress, high blood pressure, back and neck pain, asthma, gastric troubles, constipation etc.
- Gentle Yoga** - A gentle yet energetic way to destress and revitalize your body and mind. Suitable for complete beginners.
- Flexibility Asana** - It is a good suitable for all ages of people. It will increase the flexibility and giving strengths to the muscles and more for you happiness. **New Class!**
- Hatha Yoga** - The most ancient, complete and popular system of yoga for mental and physical health. Hatha yoga is a science of breathing, a science of purification and synchronization on the physical and mental dimensions. Learn the ancient techniques of asanas (postures), pranayama (breathing), mudras (gestures), bandhas (locks), kriyas (cleansing) for good health, peace, prosperity, longevity and for self-realization.
- Hatha Shakti** - The vedic meaning of Shakti is "Energy", for the better functioning for organs, glands, for the physical strength, mental peace and spiritual power. Learn the ancient 'Asana' (Posture), 'Pranayama' (Breathing), 'Bandhas' (Locks) and 'Kriyas' (Cleansing) for your self-realisation.
- Hatha Prana** - A new concept of coupling Hatha & Prana. Science of breathing (Prana) when combined with poses helps to detoxify the vital glands & organs and also purifies the Seven Chakras. It builds muscles endurance. Good for all levels!
- Hatha Sadhana** - A new concept of Hatha Yoga based on i) From breathing technique to Meditation for everybody; ii) Arm balancing iii) Seven Chakras. Basically to culture our health and to develop our personality.
- Hot Yoga** - A series of yoga poses done in a heated room (37 degrees). Promotes sweating which help rids the toxins from the body.
- Kids Combat** - For children age 4 ~ 12. Fun-filled combat movements! A game of defence!
- Kids Yoga** - For children age 6 ~ 11. To improve general flexibility and to help improve a better balancing mechanism. It will also improve their lung capacity and mental
- Long Live Yoga** - This class is for all ages, easy postures and breathing techniques.
- Lunar Flow** - A complement to the Solar Flow Yoga (sun) practice, Lunar Flow Yoga (moon) is a sequential flowing practice that honours our receptive nature. Lunar refers to the calming, slower-paced, internal poses that are appropriate for any time of day—especially when you are seeking a soothing, rejuvenative practice. It brings about inner reflection and restores equanimity and peace to the bodymind. An excellent practice for those seeking a gentle flow to their yoga practice.
- Mysore** - Traditional way of learning Ashtanga Yoga, students practice to individual pace, moving through the Primary series.
- Pranayama & Meditation** - Great breathing techniques to help relax your mind & body. A great way to increase energy & relieve stress & tension.
- Pilates** - Pilates teaches balance and control of the body. It improves one's posture and balance. It also helps to increase one's strength and flexibility, particularly of the abdomen
- Power Yoga** - Intensive flow of postures and powerful breathing techniques for the ultimate combination of strength and suppleness.
- Pre-Natal Yoga** - For pregnant woman in their fourth to eighth month of pregnancy. To improve general flexibility and to strengthen the pelvic muscles.
- Solar Flow Yoga** - is a dynamic, revitalising and strengthening practice with the invigorating energy of the sun. Likened to a dynamic dance, postures or asanas are connected through the breath for a transformative and balancing effect. This class activates "tapas" ~ transformational heat in the body, burning away that which obscures being.
- Sivananda Yoga** - Another form of Hatha Yoga which consists of a series of 12 basic poses: Headstand, Shoulderstand, Plow, Fish, Seated Forward Bend, Cobra, Locust, Bow, Half Spinal Twist, Crow, Standing Forward Bend and Triangle. Great for those who need a change in their work routine.
- Sun Salutation Series** - A great way to start the day. 1 to 5 series (Beginners to Advance). Exclusive to True Yoga. You will be less tired, lazy or sleepy during work. The Sun Salutation can be enjoyed by all ages. This improves the elasticity of the skin, muscles, relieves stiffness in the joints, relieves pain and increases mental strength. Consist of Sun Salutations and other asanas (postures) for a bright, balanced, flexible and energetic day!
- Sun Flow Cardio** - A dynamic, revitalising and strengthening practice through Sun Salutation Series where introducing some heart opening poses from improving cardiovascular system and builds strength and endurance. Helps detox, balances hormones and reduce weight.
- Traditional Yoga** - A concept of basic step standing, sitting & lying as a traditional way. A gentle yet energetic way of cardio activity by Sun Salutation Series. It's a wonderful class for total workout for body, mind & soul.
- Vinyasa Yoga** - A powerful series of flowing and jumping movements. For the practitioner looking for a more challenging workout. Great for cardiovascular system and builds strength and endurance. Helps detox, balances hormones, reduce weight.
- Yin Yoga** - A quiet yet profound style of yoga based on the expression of theories derived from Chinese Medicine and Taoism. Yin Yoga uses long-held relaxed floor postures to stretch and stimulate the deep connective "Yin" tissues of the body. Accessible to practitioners of any tradition and any experience level, this practice strengthens chi flow and maintains the health of the meridian system of the body, and is the ideal complement to dynamic, muscular or "Yang" forms of yoga.
- Yin & Yang Yoga** - A combination of Yin Yoga with some stronger and more energetic Yang poses to give the body a complete balance of the Yin and Yang chi (energy) flowing within. Great for people seeking a mix of slow and restorative poses combined with stronger asanas for strength and flexibility.
- Yoga Combat** - Comprising Karate, Kickboxing and Thai boxing. Great workout to lose weight and tone the muscles.
- Yogalates** - A complete and comprehensive fusion of yoga and Pilates. It is a movement system that stretches and strengthens all major muscle groups developing a streamlined slenderness rather than bulk. This promotes "core stability" which enhances spinal/pelvic awareness protecting the spine against injury whilst supporting the internal organs and
- Yoga Dharana** - It is an authentic yogic postures to tone claf and thigh muscles, improves balance, co-ordination, pre-poception of the joints and moon meditation to cool body and mind and it rejuvenates. It is good for all level! **New Class!**
- Yoga Nidra** - a methodical relaxation process which induces true relaxation while maintaining consciousness. A deep relaxation practice for everyone!
- Yoga Stretch** - A new concept where we can uses all postures to stretches for ourselves. Its unique technique for creating flexibility, muscles toning, losing joints and for relaxation. Its for beginners to advance.
- Yoga Sun & Pranayama** - Series of 12 great postures along with great breathing techniques to help exercise your mind and body. A great way to increase energy and relieve stress
- Yoga Sahaj** - "Sahaj" means Easy. In this class we do easy stretches & it is a relaxing class for all ages!
- Yoga Therapy** - A therapeutic aspect of Yoga. Good for all levels. Especially those with sport injuries and any health problems like stress, high blood pressure, back and neck pain, asthma, gastric troubles, constipation etc.

**Beginners (B)** - For those who want to know what yoga is and for a basic understanding of Asana (posture), Pranayama (breathing) and Shavasana (relaxation). A complete exercise for body and mind

**Multi-level (M)** - A general but powerful yoga class for students of all levels.

**Intermediate (I)** - An intensive, dynamic and complete yoga training for cardio, strength, flexibility, balance, co-ordination and deep relaxation.

**Advance (A)** - A unique & complete scientific approach of yoga that includes Asana (postures), Pranayama (breathing), Mudra (gestures), Bandha (locks) and Dhyana (Meditation) for regular members only. **This class is not for Beginners.**

Dear Valued Members :

> Please arrive 10 mins before class

> Classes or instructors might change without prior notice

> No one will be permitted to enter the studio without a ticket or once the class begins

**Look out for new Master onboard.**

**KARRIE AL 30/7 - 1/8 , CHELSEA AL 30/7-15/8, ADELINE AL 23/7-26/7**