



**STUDIO A**

| TIME                  | MON 06/02                            | TUES 07/02                                | WED 08/02                     | THURS 09/02                                   | FRI 10/02                         | SAT 11/02                         | SUN 12/02                          |
|-----------------------|--------------------------------------|---|-------------------------------|---|-----------------------------------|-----------------------------------|------------------------------------|
| 7.00 - 8.00           | YOGA THERAPY ANANT                   | HATHA YOGA (B) SUDHIR                     | SUN SERIES BINU               | GENTLE YOGA SUDHIR ( 7.15-8.15 )              | YOGA THERAPY ANANT                |                                   |                                    |
| 8.15 - 9.15           | BOLLYWOOD DANCE KUMAR                | BELLY BEGINNERS DANCE KUMAR               | YOGALATES MOHAN               | <b>LEVEL 1-2 BODYCOMBAT</b> LIHUA (8.30-9.30) | BELLY BEGINNERS DANCE KUMAR       | YIN YOGA MARIAN (8.30-10.00)      | YOGA THERAPY ADI (9.30-10.30)      |
| 9.45 - 10.45          | PILATES MATWORK AMANDA (9.30-10.30)  | ETHNIC YOGA FLOW ADI (9.30-10.30)         | YOGA STRETCH BINU             | CARDIO & CORE YOGA ADI                        | TRADITIONAL YOGA ADI (9.30-10.30) | YOGA THERAPY ANANT (10.15-11.15)  |                                    |
| 11.15 - 12.15         | THERAPY & MASSAGE JADE (11.00-12.30) | YOGALATES SABU (11.30-12.30)              | GENTLE YOGA GAJJU             | YOGA THERAPY ADI                              | YOGA THERAPY BINU                 | HATHA YOGA BINU (11.30-12.30)     | TRADITIONAL YOGA ADI (11.00-12.15) |
| 12.45 - 1.45          | HATHA YOGA (B) BINU                  | PERFORMANCE BELLYDANCE KUMAR              | BELLY DANCE KUMAR             | PILATES FOUNDATION MOHAN                      | BOLLYWOOD DANCE KUMAR             | YOGA STRETCH BINU                 | PRANAYAMA & MEDITATION MOHAN       |
| 2.00 - 3.00           | YOGA THERAPY ADI                     | BOLLYWOOD DANCE KUMAR                     | YOGA THERAPY ADI              | YOGA THERAPY MUNISH                           | FUSION DANCE KUMAR                | PERFORMANCE BELLYDANCE KUMAR      | DANCE INTRO PAVAN (2.00-3.00)      |
| 3.15 - 4.45 [90 mins] | YIN YOGA SABINE (C)                  | YIN YOGA SABINE (C) (4.00-5.30)           | YIN YOGA SABINE (C)           | YIN YOGA JO                                   | YIN YOGA ROHIT (C)                | BOLLYWOOD DANCE KUMAR (3.15-4.15) | BOLLYWOOD DANCE PAVAN (3.15-4.15)  |
| 5.30 - 6.30           | STREET GROOVES ERICH (5.45-6.45)     | HATHA YOGA (B) ADELINE / MARY (5.45-6.45) | PERFORMANCE BELLYDANCE KUMAR  | ASHTANGA YOGA GAJJU (5.00-6.00)               | YOGA THERAPY ADI                  | FUSION DANCE KUMAR (4.30-5.30)    | CORE YOGA ADI (5.00-6.00)          |
| 7.00 - 8.00           | TRADITIONAL YOGA ADI                 | CARDIO & CORE FLOW ADI                    | HATHA YOGA (B) ADI            | <b>LEVEL 1-2 BODYCOMBAT</b> LIHUA             | CARDIO & CORE ADI                 | GENTLE YOGA SUDHIR (6.00-7.00)    | YOGA FOUNDATION GAJJU (6.30-7.30)  |
| 8.30-9.30             | YOGA BASIC ANANT                     | BOLLYWOOD DANCE KUMAR (8.15-9.15)         | YOGA FOUNDATION GAJJU         | GENTLE YOGA GAJJU (8.15-9.15)                 | FUSION DANCE KUMAR (8.15-9.15)    | YOGA THERAPY BINU (7.30-8.30)     | GENTLE YOGA SUDHIR (7.45-8.45)     |
| 9.30 - 10.30          | YOGA THERAPY MOHAN (9.45-10.45)      | YOGA BASIC NIRU                           | GENTLE YOGA BINU (9.45-10.45) | HATHA YOGA (B) MUNISH                         | PRANAYAMA & MEDITATION ANANT      |                                   |                                    |

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**STUDIO B**

| TIME          | MON 06/02                          | TUES 07/02                                    | WED 08/02                           | THURS 09/02                      | FRI 10/02                         | SAT 11/02                          | SUN 12/02                         |
|---------------|------------------------------------|---|-------------------------------------|----------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| 7.15 - 8.15   | HOT YOGA BINU                      | HOT YOGA GAJJU                                | HOT FLOW SUDHIR                     | HOT YOGA MOHAN                   | HOT YOGA BINU                     | HOT YOGA ANANT (8.00-9.00)         | HOT FLOW BINU (8.00-9.00)         |
| 9.30 - 10.30  | VINYASA (M) JADE (9.30-10.45)      | HOT FLOW SUDHIR                               | HOT YOGA MOHAN                      | HOT FLOW SUDHIR (8.30-9.30)      | POWER YOGA MAHENDRA (9.45-10.45)  | BELLY DANCE KUMAR                  | HOT YOGA ANANT                    |
| 11.15 - 12.15 | VINYASA (B) GUAT (11.30-12.30)     | HATHA FLOW GAJJU (11.00-12.00)                | PILATES MATWORK JERRY (11.20-12.20) | HATHA FLOW GAJJU (10.15-11.15)   | HATHA YOGA (B) MAHENDRA           | GENTLE YOGA SUDHIR (10.45-11.45)   | HATHA YOGA (B) BINU (11.00-12.00) |
| 12.30-1.30    | FUSION DANCE KUMAR (12.45-1.45)    | GENTLE YOGA GAJJU                             | HATHA YOGA (B) GAJJU                | FREE STYLE DANCE ROCK            | PILATES MATWORK JERRY             | PRE-NATAL JANE (12.00-1.00)        | PRE-NATAL JANE (12.30-1.30)       |
| 2.00 - 3.00   | PILATES MATWORK (M) MOHAN          | <b>LEVEL 1-2 BODYCOMBAT</b> LIHUA (2.15-3.15) | <b>ZUMBA FITNESS</b> ANGLE          | FUSION DANCE ROCK (1.45-2.45)    | STRETCH & TONE LIHUA (2.15-3.15)  | PILATES MATWORK MELVYN (1.15-2.15) | YOGA THERAPY BINU (1.45-2.45)     |
| 3.30 - 4.30   | <b>LEVEL 1-2 BODYCOMBAT</b> MELVYN | YOGA FITNESS BINU                             | HATHA VINYASA BINU                  | BOLLYWOOD DANCE ROCK (3.00-4.00) | <b>LEVEL 1-2 BODYCOMBAT</b> LIHUA | YOGA THERAPY ANANT (2.30-3.30)     | HATHA YOGA (B) SUDHIR (3.00-4.00) |
| 6.00 - 7.00   | YOGA STRETCH BINU (4.45-5.45)      | HOT YOGA BINU (6.15-7.15)                     | HOT YOGA MOHAN                      | HOT YOGA GAJJU (6.15-7.15)       | GROOVE & JAZZ ERICH (4.45-5.45)   | HATHA YOGA MOHAN (3.45-4.45)       | FUSION DANCE PAVAN (4.30-5.30)    |
| 7.15 - 8.15   | HOT YOGA ANANT                     | HOT YOGA MOHAN (7.30-8.30)                    | HOT FLOW GAJJU                      | HOT YOGA MUNISH (7.30-8.30)      | HOT YOGA ANANT                    | HOT YOGA BINU (6.15-7.15)          | HOT YOGA GAJJU (7.45-8.45)        |
| 9.00 - 10.00  | HOT YOGA MOHAN (8.30-9.30)         | <b>LEVEL 1-2 BODYCOMBAT</b> MELVYN            | HOT YOGA BINU (8.30-9.30)           | HOT YOGA SUDHIR (8.45-9.45)      | HOT FLOW SUDHIR (8.30-9.30)       | HOT YOGA SUDHIR (7.30-8.30)        |                                   |

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

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| TIME                    | MON 06/02                              | TUES 07/02                            | WED 08/02                                 | THURS 09/02                                 | FRI 10/02                                  | SAT 11/02                                | SUN 12/02                                  |
|-------------------------|--|---------------------------------------|---|---|--|--|--|
| 8.30 - 10.00 [90 mins.] | GENTLE YOGA ANANT (8.30-9.30)          | ASHTANGA LED (M) ADELINE (9.15-10.45) | PRANAYAMA & MEDITATION SUDHIR (8.30-9.30) | SUN SALUTATION SERIES 2 YVETTE (9.15-10.45) | HATHA YOGA (M) BINU (8.30-9.30)            | POWER YOGA (B) SUDHIR (8.30-9.30)        | VINYASA YOGA (I) JADE (9.30-10.45)         |
| 11.00 - 12.00           | ASHTANGA LED (B) ADELINE (11.15-12.15) | SUN SALUTATION JADE (11.00-12.30)     | HATHA YOGA KATH TIP                       | HATHA YOGA (B) YVETTE (11.00-12.15)         | MYSORE SELF PRACTICE CHELSEA (10.00-12.00) | HATHA YOGA (B) PEK YEW (C) (10.15-11.15) | SIVANANDA YOGA STRETCH ANANT (11.00-12.00) |
| 12.30 - 1.30            | INTRO H.VINYASA ADELINE                | PILATES MATWORK SABU (12.45-1.45)     | ASHTANGA LED (M) JADE (12.30-2.00)        | INTRO H.VINYASA ADELINE                     | YOGA BASIC MAHENDRA                        | GENTLE YOGA CHRISTINA (C) (11.30-12.30)  |  |
| 2.45 - 3.45             | POWER YOGA GUAT (3.30-4.30)            | YOGALATES (II) SABU (2.00-3.00)       |   | HATHA YOGA MOHAN (2.00-3.00)                | HATHA YOGA GUAT (1.45-2.45)                | YOGA BASIC SIAM (C) (12.45-1.45)         | KIDS YOGA ANANT (12.15-1.15)               |
| 5.00 - 6.00             | ASHTANGA YOGA ANANT (5.00-6.00)        | SIVANANDA YOGA NIRU (3.15-4.15)       | VINYASA YOGA GAJJU (4.45-5.45)            | GENTLE YOGA GUAT (3.30-4.30)                | YOGA STRETCH LIHUA (4.45-5.45)             | KIDS YOGA SUDHIR (2.30-3.30)             | KIDS COMBAT FABIAN (1.45-2.45)             |
| 6.15 - 7.15             | HATHA YOGA (M) MOHAN                   | YOGA BASIC ADELINE (7.00-8.00)        |   | SIVANANDA YOGA (B) MUNISH (6.00-7.00)       | GENTLE YOGA SUDHIR (6.00-7.00)             | PRANAYAMA & MEDITATION ANANT (3.45-4.45) | MYSORE SELF PRACTICE CHELSEA (3.00-5.00)   |
| 7.30 - 8.30             | YOGA FITNESS BINU                      | ASHTANGA LED ADELINE (8.30-10.00)     | ENDURANCE PILATES MOHAN (7.15-8.15)       | POWER YOGA SUDHIR (7.30-8.30)               | SUN SALUTATION JADE (7.15-8.45)            | SIVANANDA YOGA STRETCH ANANT (5.00-6.00) | VINYASA YOGA GAJJU (5.15-6.15)             |

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.