

STUDIO A

TIME	MON 30/01	TUES 31/01	WED 01/02	THURS 02/02	FRI 03/02	SAT 04/02	SUN 05/02
7.00 - 8.00	YOGA THERAPY ANANT	HATHA YOGA (B) SUDHIR	SUN SERIES BINU	GENTLE YOGA SUDHIR (7.15-8.15)	YOGA THERAPY SUDHIR ☺	REVISION 1 AS OF 29TH JAN 2012	
8.15 - 9.15	BOLLYWOOD DANCE KUMAR	BELLY BEGINNERS DANCE KUMAR	YOGALATES MOHAN	L.ESSONAL.L.E.S BODYCOMBAT LIHUA (8.30-9.30)	BELLY BEGINNERS DANCE KUMAR	YIN & YOGA NIDRA JO (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 SUDHIR	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 MARIAN	YIN & YOGA NIDRA JO (4.00-5.30)	YIN YOGA JO	YIN YOGA JO	YIN YOGA SABINE ☺	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 / CHRISTINA (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	L.ESSONAL.L.E.S BODYCOMBAT LIHUA	CARDIO & CORE ADI	GENTLE YOGA BINU (6.15 - 7.15)	YOGA FOUNDATION GAJJU (6.30-7.30)
8.15 - 9.15	YOGA BASIC ANANT (8.30-9.30)	BOLLYWOOD DANCE KUMAR (8.15-9.15)	YOGA FOUNDATION GAJJU (8.30-9.30)	GENTLE YOGA GAJJU	FUSION DANCE KUMAR (8.15-9.15)	YOGA THERAPY MARIAN ☺ (7.30-8.30)	GENTLE YOGA SUDHIR (7.45-8.45)
9.30 - 10.30	YOGA THERAPY MOHAN (9.45-10.45)	PRANAYAMA & MEDITATION NIRU	GENTLE YOGA BINU (9.45-10.45)	HATHA YOGA (B) MUNISH	PRANAYAMA & MEDITATION ANANT		

STUDIO B

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

TIME	MON 30/01	TUES 31/01	WED 01/02	THURS 02/02	FRI 03/02	SAT 04/02	SUN 05/02
7.15 - 8.15	HOT YOGA BINU	HOT YOGA GAJJU	HOT FLOW SUDHIR	HOT FLOW MOHAN	HOT YOGA BINU	HOT YOGA BINU (8.00-9.00)	HOT FLOW SUDHIR (8.00-9.00)
9.30 - 10.30	VINYASA (M) JADE (9.30-10.45)	HOT FLOW SUDHIR	HOT YOGA MOHAN	HOT YOGA GAJJU (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	HATHA YOGA (B) PEK YEW ☺ (10.45-11.45)	HATHA YOGA (B) BINU (11.00-12.00)
12.45 - 1.45	FUSION DANCE KUMAR	GENTLE YOGA GAJJU	YOGA FOUNDATION GAJJU	FREE STYLE DANCE ROCK (12.30-1.30)	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	L.ESSONAL.L.E.S BODYCOMBAT LIHUA (2.15-3.15)	ZUMBA FITNESS 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	L.ESSONAL.L.E.S BODYCOMBAT MELVYN	YOGA FITNESS BINU	HATHA VINYASA BINU	BOLLYWOOD DANCE ROCK (3.00-4.00)	L.ESSONAL.L.E.S BODYCOMBAT LIHUA	YOGA THERAPY BINU (2.30-3.30)	HATHA YOGA (B) ANANT ☺ (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 ANANT (6.15-7.15)	HOT YOGA GAJJU (7.45-8.45)
9.00 - 10.00	HOT YOGA MOHAN (8.30-9.30)	L.ESSONAL.L.E.S BODYCOMBAT 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)

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

TIME	MON 30/01	TUES 31/01	WED 01/02	THURS 02/02	FRI 03/02	SAT 04/02	SUN 05/02
8.30 - 10.00 [90 mins.]	TRUE FITNESS TRAINING SESSIONS	MAINTENANCE	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			HATHA YOGA KATH TIP (11.00-12.00)	HATHA YOGA (B) YVETTE (11.00-12.15)	MYSORE SELF PRACTICE CHELSEA (10.00-12.00)	GENTLE YOGA CHRISTINA ☺ (11.30-12.30)	SIVANANDA YOGA STRETCH ANANT (11.00-12.00)
12.30 - 1.30			ASHTANGA LED (M) JADE (12.30-2.00)	INTRO H.VINYASA ADELINE	YOGA BASIC MAHENDRA		
2.45 - 3.45				YOGALATES (II) SABU (2.00-3.00)	HATHA YOGA MOHAN (2.00-3.00)	HATHA YOGA GUAT (1.45-2.45)	YOGA BASIC SIAM ☺ (12.45-1.45)
5.00 - 6.00		SIVANANDA YOGA NIRU (3.15-4.15)	YOGA SAHAJ SUDHIR (2.15-3.15)	GENTLE YOGA GUAT (3.30-4.30)	YOGA STRETCH LIHUA (4.45-5.45)	KIDS YOGA ANANT (2.30-3.30)	KIDS COMBAT FABIAN (1.45-2.45)
		YOGA THERAPY MOHAN (4.45-5.45)	VINYASA YOGA GAJJU (4.45-5.45)	SIVANANDA YOGA (B) MUNISH (6.00-7.00)	GENTLE YOGA ANANT ☺ (6.00-7.00)	PRANAYAMA & MEDITATION ANANT (3.45-4.45)	MYSORE SELF PRACTICE CHELSEA (3.00-5.00)
6.15 - 7.15		YOGA BASIC ADELINE (7.00-8.00)	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)
7.15-8.15		YOGA FITNESS BINU					

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.