



NEW HOT YOGA STATIC K 18 !
CHECK IT OUT

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	HATHA YOGA (B) RAAJ	HATHA YOGA (B) RAJIB	HATHA YOGA (B) NARU	HATHA YOGA (B) NARU	SUN SALUTATION VICKY		
10.30 - 11.30	GENTLE YOGA GUAT (8.15-9.15)	HATHA YOGA (B) NARU (10.45-11.45)	LUNAR FLOW (M) JO (10.30-12.00)	SOLAR FLOW (M) JO (10.30-12.00)	DYNAMIC PILATES ALOYSIUS (10.15-11.15)	HATHA YOGA (B) GUAT (9.30-10.30)	HATHA YOGA (B) VICKY (9.00-10.00)
12.15 - 1.15	DYNAMIC PILATES (M) ALOYSIUS	YIN YOGA JO (12.15-1.45)	YIN YOGA JO (12.15-1.45)	YIN YOGA JO (12.15-1.45)	PRENATAL YOGA SABU (12.45-1.45)	VINYASA INTERMEDIATE GUAT (10.45-11.45)	ASHTANGA YOGA VICKY (11.00-12.00)
2.00 - 3.00	FUSION DANCE ROCK (2.15-3.15)	SOLAR FLOW INTERMEDIATE JO (2.00-3.30)	BOLLYWOOD DANCE ROCK	YOGA THERAPY SENTHIL	HATHA YOGA (B) VICKY	BODYCOMBAT BEGINNERS ISSEY (12.00-1.00)	HATHA YOGA (M) VICKY (12.45-1.45)
4.45 - 5.45	GENTLE YOGA VICKY	GENTLE YOGA RAAJ (4.00-5.00)	FREESTYLE DANCE ROCK (3.30-4.30)	HATHA YOGA (M) ANKUR (3.15-4.15)	ASHTANGA YOGA RAJIB (3.30-4.30)	GENTLE YOGA NARU (1.15-2.15)	GENTLE YOGA NARU (2.15-3.15)
6.00 - 7.00	BOLLYWOOD DANCE KUMAR	HATHA YOGA (M) VICKY	GENTLE YOGA RAAJ	GENTLE YOGA NARU	ZUMBA FITNESS ANGELINE(5.45-6.45)	HATHA YOGA (M) ANKUR (2.30-3.30)	FUSION DANCE ROCK (4.15-5.15)
7.15 - 8.15	BODYCOMBAT ISSEY	HATHA YOGA (B) RAAJ	HATHA YOGA (B) VICKY	HATHA YOGA (B) VICKY	BODYCOMBAT ISSEY (7.00-8.00)	ASHTANGA YOGA RAJIB (3.45-4.45)	FREESTYLE DANCE ROCK (5.30-6.30)
8.30 - 9.30	PERFORMANCE BELLY KUMAR	BODYCOMBAT ISSEY	FUSION DANCE ROCK	ASHTANGA YOGA RAJIB (8.30-9.30)	BOLLYWOOD DANCE ROCK (8.15-9.15)		

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
12.30 - 1.30	GENTLE YOGA SERIES SABU	BOLLYWOOD DANCE ROCK (12.45-1.45)	PILATES MATWORK KARRIE (12.30-1.30)	HATHA YOGA (M) VICKY	HATHA YOGA (B) RAAJ (12.15-1.15)		
1.45 - 2.45	PILATES MATWORK SABU (2.30-3.30)	FUSION DANCE ROCK (2.15-3.15)	YOGA THERAPY RAJIB (2.15-3.15)	YOGALATES YOGI	INTRO ASHTANGA LED ADELINE (145-3.15)	GENTLE YOGA (B) SENTHIL (9.45-10.45)	YOGA TAPAS SENTHIL (2.00-3.00)
3.45 - 4.45	HATHA YOGA (M) RAAJ	ASHTANGA YOGA RAJIB (3.30-4.30)	HATHA YOGA (B) NARU (3.30-4.30)	GENTLE YOGA SERIES SABU (3.00-4.00)	GENTLE YOGA GUAT (3.30-4.30)	YOGA THERAPY RAJIB (11.15-12.15)	POWER YOGA SENTHIL (3.15-4.15)
5.15 - 6.15	HATHA YOGA (B) GUAT	HATHA VINYASA (B) GUAT	ASHTANGA LED (M) ADELINE	HATHA YOGA (B) ANKUR (4.30-5.30)	VINYASA YOGA (M) GUAT (4.45-5.45)	HATHA YOGA (B) RAAJ (12.30-1.30)	HATHA YOGA (M) RAAJ (4.45-5.45)
6.30 - 7.30	POWER YOGA INTERMEDIATE GUAT	GENTLE YOGA SENTHIL	DYNAMIC PILATES ALOYSIUS	VINYASA YOGA INTERMEDIATE GUAT (6.15-7.15)	PILATES MATWORK ALOYSIUS (7.00-8.00)	HATHA YOGA (B) NARU (3.00-4.00)	HATHA YOGA (B) YOGI (6.15-7.15)
7.45 - 8.45	HATHA YOGA (B) YOGI	FREESTYLE DANCE ROCK	HATHA YOGA (B) SENTHIL	FUSION DANCE KUMAR (7.30-8.30)	HATHA FLOW ISSEY (8.15-9.15)	GENTLE YOGA RAJIB (5.00-6.00)	
9.00 - 10.00	HATHA YOGA (B) RAJIB	HATHA YOGA (M) RAAJ (9.15-10.15)	HATHA YOGA (M) ANKUR	BOLLYWOOD DANCE KUMAR (8.45-9.45)	FUSION DANCE @ STD A ROCK (9.30-10.30)	YOGA THERAPY ANKUR (6.30-7.30)	

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STUDIO C

TIME	MON 26/07	TUES 27/07	WED 28/07	THURS 29/07	FRI 30/07	SAT 31/07	SUN 01/08
10.45 - 11.45	BEGINNERS YOGA GUAT (9.30-11.00) @ STD A	GENTLE YOGA RAJIB (10.00-11.00)	YOGA THERAPY SENTHIL (9.15-10.15)	INTRO HATHA VINYASA ADELINE (10.00-11.30)	PILATES MATWORK JERRY (11.15-12.15)		
12.15 - 1.15	POWER YOGA ISSEY (12.30-1.30)	HATHA YOGA (B) SENTHIL (12.30-1.30)	BODYCOMBAT ISSEY	GENTLE YOGA SENTHIL	SIVANANDA YOGA ISSEY (12.30-1.30)	HATHA YOGA (M) SENTHIL (11.00-12.00)	YOGA THERAPY YOGI (11.00-12.00)
4.15 - 5.15	FREESTYLE DANCE ROCK @ STD A (3.30-4.30)	YOGA THERAPY YVETTE (1.45-2.45)	POWER YOGA RAAJ	HATHA YOGA (M) VICKY (4.00-5.00)	HATHA YOGA (B) RAJIB (4.45-5.45)	YOGALATES YOGI (1.45-2.45)	HATHA YOGA (B) RAAJ (1.15-2.15)
5.30 - 6.30	ASHTANGA LED (B) ADELINE (5.15-6.45)	YOGALATES SABU (4.15-5.15)	HATHA YOGA (B) VICKY (5.45-6.45)	ASHTANGA LED (M) ADELINE (5.15-6.45)	PRANAYAMA & MEDITATION YOGI (6.00-7.00)	PRANAYAMA & MEDITATION YOGI (3.00-4.00)	HATHA YOGA (M) YOGI (3.45-4.45)
7.00 - 8.00	YOGA THERAPY RAJIB	POWER YOGA ISSEY	HATHA YOGA (B) RAJIB	GENTLE YOGA ANKUR (7.15-8.15)	HATHA YOGA (B) YOGI (7.15-8.15)	HATHA YOGA (M) RAAJ (4.15-5.15)	HATHA YOGA (B) SENTHIL (5.00-6.00)
8.15 - 9.15	SIVANANDA YOGA ISSEY (8.30-9.30)	BELLY DANCE KUMAR	GENTLE YOGA NARU (8.30-9.30)	ASHTANGA LED (M) ADELINE (8.30-10.00)	POWER YOGA RAAJ (8.45-9.45)	HATHA YOGA (M) YOGI (5.30-6.30)	

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STUDIO D

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7.15 - 8.15	HOT YOGA SENTHIL	HOT YOGA RAAJ	HOT YOGA VICKY	HOT YOGA RAJIB	HOT YOGA NARU		
11.00 - 12.00	Static HOT K 18 RAAJ	HOT YOGA SENTHIL	HOT YOGA RAAJ	HOT YOGA NARU	HOT YOGA VICKY	HOT YOGA RAJIB (10.00-11.00)	HOT YOGA NARU (11.15-12.15)
12.30 - 1.30	HOT YOGA VICKY	HOT FLOW YVETTE	HOT YOGA VICKY	HOT YOGA RAJIB	HOT YOGA YOGI	HOT YOGA YOGI (12.30-1.30)	HOT YOGA SENTHIL (12.30-1.30)
4.30 - 5.30	HOT YOGA SABU (4.00-5.00)	HOT YOGA RAJIB (4.45-5.45)	HOT YOGA NARU (5.00-6.00)	HOT YOGA SABU (4.15-5.15)	HOT YOGA VICKY (4.45-5.45)	Static HOT K 18 RAAJ (2.00-3.00)	HOT YOGA RAAJ (3.30-4.30)
6.15 - 7.15	HOT YOGA YOGI	HOT YOGA NARU	HOT YOGA SENTHIL	HOT YOGA VICKY (6.00-7.00)	HOT YOGA SENTHIL	HOT YOGA ANKUR (4.30-5.30)	HOT YOGA YOGI (5.00-6.00)
7.30 - 8.30	HOT YOGA SENTHIL	Static HOT K 18 VICKY	HOT YOGA RAAJ	HOT YOGA YOGI	HOT YOGA RAJIB		
8.45 - 9.45	HOT YOGA VICKY	HOT VINYASA SENTHIL	HOT YOGA RAJIB	HOT YOGA ANKUR	HOT YOGA YOGI		

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