



RADIO DALAM STUDIO
JL. RADIO DALAM NO. 33 KEBAYORAN BARU SOUTH JAKARTA
TEL NO: 0217262182

REAL YOGA @RADIO DALAM CLASS SCHEDULE 8TH JUL 2019 - 14TH JUL 2019

STUDIO A								
TIME	MONDAY 8TH JUL 2019	TUESDAY 9TH JUL 2019	WEDNESDAY 10TH JUL 2019	THURSDAY 11TH JUL 2019	FRIDAY 12TH JUL 2019	WEEKEND TIME	SATURDAY 13TH JUL 2019	SUNDAY 14TH JUL 2019
7.00AM-8.00AM	Yoga Stretch Vikash	Backbend Rahul			Traditional Yoga RH			C L O S E
8.15AM-9.15AM	Backbend RK	Traditional Yoga Rahul	Hatha (B) RK	Yoga Twist RK	Backbend Therapy RH	8.30AM-9.30AM	Hatha Flow Vikash	
9.30AM-10.30AM	Inversion Vikash		Core Yoga Vikash		New Class Yoga For Lower Body Bipin	9.30AM-10.30AM	Yoga Stretch Bipin	
10.45AM-11.45AM	Yoga Twist Vikash	Yoga Flow RK	Vinyasa Vikash		Traditional Yoga Vikash	11.00AM-12.00PM	Pre Natal Yoga Bipin (11.00 - 12.00)	
2.00PM-3.00PM	Hatha (B) Bipin	Gentle Yoga RK		Yoga Stretch RK	Yoga Basic Vikash	12.15PM-1.15PM	Yoga Balance Vikash	
4.00PM-5.00PM	Backbend Therapy RH	Hatha (B) Vikash	Yoga Twist Vikash	Wheel Yoga Vikash	Deep Stretch Bipin	2.30PM-3.30PM	Deep Stretch RH	
6.30PM-7.30PM	Wheel Yoga RH	Lunar Stretch RK	Yoga Balance Bipin	Hatha (B) RK	Hatha 2 RK	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch Bipin	Inversion RK	Backbend Vikash	Yin Yoga Vikash	Yoga Twist Vikash	STUDIO C	Kids Yoga Bipin (12.15 - 1.15)	
STUDIO B								
TIME	MONDAY 8TH JUL 2019	TUESDAY 9TH JUL 2019	WEDNESDAY 10TH JUL 2019	THURSDAY 11TH JUL 2019	FRIDAY 12TH JUL 2019	WEEKEND TIME	SATURDAY 13TH JUL 2019	SUNDAY 14TH JUL 2019
7.00AM-8.00AM	Hot Slimming (B) Bipin	Hot ABT RK	Hot Stretch Vikash	Hot Slimming (B) Bipin	Hot Yoga Bipin			
9.30AM-10.30AM	Hot Yoga Bipin	Hot Twist Rahul		Hot Backbend RK	Hot Slimming (B) Vikash	8.15AM-9.15AM	Hot Yoga RH	
10.45AM-11.45AM						9.45AM-10.45AM	Hot Backbend Bipin	
12.00PM-1.00PM						11.00AM-12.00PM	Hot Twist Vikash	
5.15PM-6.15PM	Hot Yoga Bipin	Backbend Vikash	Hot Slimming Vikash	Hot Twist RK	Hot Gentle Vikash	1.15PM-2.15PM	New Class Yoga For Lower Body RH	
7.30PM-8.30PM	Hot Yoga Vikash	Hot Core Vikash	Hot Yoga Bipin	Hot Backbend & Twist RK	New Class Yoga For Lower Body Bipin	2.30PM-3.30PM	Hot Core RH	

Dear valued members:

- * Please arrive 10-15 minutes before class.
- * Classes or Instructors might change without prior notice.
- * No one will be permitted to enter the studio once the class begins.
- * You may book for any classes 2 days in advance.
- * Please call at least 4 hours in advance if you wish to cancel any class booking.