



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

REAL YOGA @RADIO DALAM CLASS SCHEDULE 13TH MAY 2019 - 19TH MAY 2019

STUDIO A								
TIME	MONDAY 13TH MAY 2019	TUESDAY 14TH MAY 2019	WEDNESDAY 15TH MAY 2019	THURSDAY 16TH MAY 2019	FRIDAY 17TH MAY 2019	WEEKEND TIME	SATURDAY 18TH MAY 2019	SUNDAY 19TH MAY 2019
7.00AM-8.00AM	Yoga Stretch Vikash	Backbend Binay	Sun Salutation Bipin	Vinyasa Vikash	Traditional Yoga Bipin	8.30AM-9.30AM		C L O S E
8.15AM-9.15AM	Backbend Vikash	Traditional Yoga Binay	Hatha (B) Vikash	Yoga Twist Binay	Backbend Therapy Bipin		GD Morning Yoga Binay	
9.30AM-10.30AM	Inversion Bipin	Yoga Balance Vikash	Core Yoga Bipin	Deep Stretch Vikash	New Class Yoga For Lower Body Vikash	9.30AM-10.30AM		
10.45AM-11.45AM	Core Yoga Vikash	Yoga Flow Binay	Vinyasa Binay	Hatha Flow Bipin		11.00AM-12.00PM	Pre Netal Yoga Binay	
2.00PM-3.00PM	Hatha (B) Binay	Gentle Yoga Bipin	Backbend Therapy Bipin	Yoga Stretch Binay	Yoga Twist Bipin	12.15PM-1.15PM	Kids Yoga Binay	
4.00PM-5.00PM	Yoga Backbend Binay	Hatha (B) Binay	Yoga Twist Binay	Wheel Yoga Vikash		2.30PM-3.30PM	Deep Stretch Binay	
6.30PM-7.30PM	Wheel Yoga Binay	Lunar Stretch Bipin	Arm Balance Vikash	Hatha (B) Bipin	Wheel Yoga Binay	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch Bipin	Inversion Vikash	Backbend Vikash	Yin Yoga Binay	Backbend & Twist Binay	STUDIO C		
STUDIO B								
TIME	MONDAY 13TH MAY 2019	TUESDAY 14TH MAY 2019	WEDNESDAY 15TH MAY 2019	THURSDAY 16TH MAY 2019	FRIDAY 17TH MAY 2019	WEEKEND TIME	SATURDAY 18TH MAY 2019	SUNDAY 19TH MAY 2019
7.00AM-8.00AM	Hot Slimming Bipin	Hot ABT Vikash	Hot Stretch Binay	Hot Slimming (B) Binay	Hot Yoga Vikash	8.15AM-9.15AM		
9.30AM-10.30AM	Hot Yoga Vikash	Hot Twist Bipin	Hot Power Vikash	Hot Backbend Bipin	Hot Slimming (B) Bipin		Hot Power Binay	
10.45AM-11.45AM					Hot Hatha Vikash	9.45AM-10.45AM		
12.00PM-1.00PM						11.00AM-12.00PM		
5.15PM-6.15PM	Hot Yoga Bipin	Backbend Vikash	Hot Slimming Binay	Hot Twist Binay	Hot Stretch Binay	1.15PM-2.15PM	New Class Hot Yoga For Lower Body Binay	
7.30PM-8.30PM	New Class Hot Yoga For Lower Body Binay	Hot Core Bipin	Hot Yoha Binay	Hot Backbend & Twist Bipin		2.30PM-3.30PM		

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.