



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

REAL YOGA @RADIO DALAM CLASS SCHEDULE 16TH SEP 2019 - 22ND SEP 2019

STUDIO A								
TIME	MONDAY 16TH SEP 2019	TUESDAY 17TH SEP 2019	WEDNESDAY 18TH SEP 2019	THURSDAY 19TH SEP 2019	FRIDAY 20TH SEP 2019	WEEKEND TIME	SATURDAY 21TH SEP 2019	SUNDAY 22ND SEP 2019
7.00AM-8.00AM			Sun Salutation RK	Yoga Basic Rahul	Breath Stretch & Meditation Bipin			
8.15AM-9.15AM	INVERSION WORKSHOP BY VIKASH (8.30-10.00)	Traditional Yoga RK	Hatha (B) RK	Yoga Backbend & Twist Vikash	Basic Yoga RK	8.30AM- 9.30AM	Hatha (B) Vikash	C L O S E
9.30AM-10.30AM			Yoga Stretch Vikash	Core Yoga Bipin	NEW CLASS Stretch & backbend RK	9.30AM- 10.30AM	Yoga Backbend & Twist Bipin	
10.45AM-11.45AM	Power Yoga Vikash (10.30-11.30)	Yoga Stretch RK (10.30-11.30)		Backbend Vikash (10.30-11.30)	Hatha classic Vikash	11.00AM- 12.00PM	Yoga Stretch Bipin	
2.00PM-3.00PM	Basic Yoga Bipin		Basic Yoga Rahul	Gentle Yoga Bipin		12.15PM- 1.15PM	Core Yoga Vikash	
4.00PM-5.00PM	Hatha (B) Vikash	Hatha (B) Rahul			Deep Stretch Bipin	2.30PM- 3.30PM	Deep Stretch Rahul	
6.30PM-7.30PM	Yoga Backbend Bipin	NEW CLASS Aerial Yoga Vikash <small>(FREE FOR MEMBERS) STUDIO -C (6.30-7.30)</small>	NEW CLASS Wall Yoga Rahul	Yoga Stretch Bipin	NEW CLASS Aerial Yoga Rahul <small>(FREE FOR MEMBERS) STUDIO -C (6.30-7.30)</small>	3.45PM- 4.45PM		
7.45PM-8.45PM	Gentle Yoga Bipin	Wheel Yoga Rahul (6.30-7.30)	Yoga Backbend RK	Core Yoga Vikash	Arm Balance Bipin (6.30-7.30)	STUDIO C	Prenatal Vikash (11.00-12.00)	
		Yoga Stretch Rahul (7.45-8.45)			Yin Yoga Rahul (7.45-8.45)		Kids Yoga Rahul (12.15-1.15)	
STUDIO B								
TIME	MONDAY 16TH SEP 2019	TUESDAY 17TH SEP 2019	WEDNESDAY 18TH SEP 2019	THURSDAY 19TH SEP 2019	FRIDAY 20TH SEP 2019	WEEKEND TIME	SATURDAY 21TH SEP 2019	SUNDAY 22ND SEP 2019
7.00AM-8.00AM	Hot Core Bipin	Hot Slimming RK	Hot Power Rahul	Hot Flow Bipin	Hot Power Vikash			
9.30AM-10.30AM	Hot Yoga RK	Hot BackBend Rahul	Hot Twist RK	Hot Yoga Vikash		8.15AM- 9.15AM	Hot Yoga Rahul	
10.45AM-11.45AM						9.45AM- 10.45AM	Hot Slimming Rahul	
12.00PM-1.00PM						11.00AM- 12.00PM	Hot Twist Bipin (1.15-2.15)	
5.15PM-6.15PM	Hot Yoga Bipin	Hot Backbend Rahul	Hot Power Rahul	Hot Slimming Vikash	Hot Yoga Bipin	1.15PM- 2.15PM		
7.30PM-8.30PM	Hot Stretch Vikash	Hot Balance RK	Hot Classic Rahul	Hot Backbend Bipin	Hot Stretch 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.