



RADIO DALAM STUDIO
JL. RADIO DALAM NO. 33 KEBAYORAN BARU SOUTH JAKARTA
TEL NO: 02127517494

REAL YOGA CLASS SCHEDULE 18TH NOV 2019 - 24TH NOV 2019

STUDIO A								
TIME	MONDAY 18TH NOV 2019	TUESDAY 19TH NOV 2019	WEDNESDAY 20TH NOV 2019	THURSDAY 21ST NOV 2019	FRIDAY 22ND NOV 2019	WEEKEND TIME	SATURDAY 23RD NOV 2019	SUNDAY 24TH NOV 2019
7.00AM-8.00AM								
8.15AM-9.15AM	Yoga Stretch Bipin	Yoga Backbend Vikash	Hatha (B) Vikash	Yoga Twist Rk	Stretch & Backbend RK	8.30AM-9.30AM	Good Morning Yoga Vikash	C L O S E
9.30AM-10.30AM	Yoga Backbend RK	Inversion Bipin	Traditional Yoga RK	Traditional Yoga Bipin	Hatha 2 RK	9.30AM-10.30AM	Yoga Backbend & Twist Vikash	
10.45AM-11.45AM	Hatha (B) Didit	Hatha (B) Vikash	Yoga Stretch Vikash	Yoga Stretch RK	Aerial Yoga Didit (Free For Members) Studio - C	11.00AM-12.00PM	Prenatal Yoga Vikash (11.30-12.30)	
2.00PM-3.00PM	Hatha (B) Cipris				Hatha (B) Cipris	12.15PM-1.15PM	Yoga Basic Bipin (2.30-3.30)	
4.00PM-5.00PM		Yoga Stretch Didit (In Bahasa)	Hatha (B) Cipris		Deep Stretch Bipin	2.30PM-3.30PM		
6.30PM-7.30PM	Yoga Twist Bipin	Wheel Yoga Vikash	Hatha 2 RK	Yoga Twist RK	Yoga Backbend Vikash	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch Vikash	Yoga twist Vikash	Yoga Balance RK	Traditional Yoga Vikash	Inversion Vikash	STUDIO C	Kids Yoga Bipin (11.00-12.00)	
STUDIO B								
TIME	MONDAY 18TH NOV 2019	TUESDAY 19TH NOV 2019	WEDNESDAY 20TH NOV 2019	THURSDAY 21ST NOV 2019	FRIDAY 22ND NOV 2019	WEEKEND TIME	SATURDAY 23RD NOV 2019	SUNDAY 24TH NOV 2019
7.00AM-8.00AM	Hot Vinyasa Bipin	Hot Classic Vikash	Hot Slimming RK	Hot ABT Bipin	Hot Stretch Vikash			
9.30AM-10.30AM	Hot Yoga Bipin				Hot Slimming Vikash	8.15AM-9.15AM	Hot Yoga Bipin	
12.00PM-1.00PM						9.45AM-10.45AM	Hot Slimming Bipin	
5.15PM-6.15PM	Hot Gentle Bipin	Hot Backbend RK	Hot Twist Rk	Hot Gentle RK	Hot Stretch Vikash	11.00AM-12.00PM		
7.30PM-8.30PM			Hot Yoga Bipin	Hot Backbend RK	Backbend Bipin	1.15PM-2.15PM	Hot Stretch Vikash (1.30-2.30)	

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.