



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

REAL YOGA @RADIO DALAM CLASS SCHEDULE 4TH NOV 2019 - 11TH NOV 2019

STUDIO A

TIME	MONDAY 4TH NOV 2019	TUESDAY 5TH NOV 2019	WEDNESDAY 6TH NOV 2019	THURSDAY 7TH NOV 2019	FRIDAY 8TH NOV 2019	WEEKEND TIME	SATURDAY 9TH NOV 2019	SUNDAY 10TH NOV 2019
7.00AM-8.00AM				Sun Salutation Rahul				C L O S E
8.15AM-9.15AM	Yoga Stretch Bipin	Yoga Backbend Rahul	Hatha (B) Bipin	Yoga Twist Rahul	Stretch & Backbend Bipin	8.30AM-9.30AM	Good Morning Yoga Vikash	
9.30AM-10.30AM		Hatha (B) Rahul (9.15-10.15)	Yoga Stretch Bipin			9.30AM-10.30AM	Yoga Backbend & Twist Vikash	
10.45AM-11.45AM	Hatha (B) Didit	Yoga Twist Rahul (10.15-11.15)	Hatha (B) Didit	Backbend Rahul (10.15-11.15)	Aerial Yoga Didit (Free For Members) Studio - C	11.00AM-12.00PM		
2.00PM-3.00PM	Yoga Stretch Didit (In Bahasa)					12.15PM-1.15PM	Yoga Basic Vikash (2.00-3.00)	
4.00PM-5.00PM		Yoga Stretch Didit (In Bahasa)	Hatha (B) Priscilia		Vinyasa (B) Priscilia	2.30PM-3.30PM		
6.30PM-7.30PM	Yoga Backbend Rahul	Lunar Stretch Bipin	Hatha (B) Rahul	Yoga Twist Bipin	Yoga Backbend Vikash	3.45PM-4.45PM		
7.45PM-8.45PM		Yoga Twist Bipin		Yoga Stretch Bipin		STUDIO C		

STUDIO B

TIME	MONDAY 4TH NOV 2019	TUESDAY 5TH NOV 2019	WEDNESDAY 6TH NOV 2019	THURSDAY 7TH NOV 2019	FRIDAY 8TH NOV 2019	WEEKEND TIME	SATURDAY 9TH NOV 2019	SUNDAY 10TH NOV 2019
7.00AM-8.00AM	Hot Core Bipin	Hot Gentle Rahul	Hot Slimming Bipin		Hot Power Bipin			
9.30AM-10.30AM	Backbend Bipin			Hot Stretch Rahul (9.15-10.15)	Hot Slimming Bipin	8.15AM-9.15AM		
10.45AM-11.45AM						9.45AM-10.45AM		
12.00PM-1.00PM						11.00AM-12.00PM	Hot Stretch Vikash (11.30-12.30)	
5.15PM-6.15PM	Hot Yoga Rahul	Hot Core Bipin	Hot Stretch Rahul	Hot Gentle Bipin	Hot Gentle Vikash	1.15PM-2.15PM	Hot Vinyasa Vikash (12.45- 1.45)	
7.30PM-8.30PM	Hot Stretch Rahul		Hot Yoga Rahul		Hot Stretch Vikash	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.