



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

REAL YOGA CLASS SCHEDULE 09TH DEC 2019 - 15TH DEC 2019

STUDIO A								
TIME	MONDAY 09TH DEC 2019	TUESDAY 10TH DEC 2019	WEDNESDAY 11TH DEC 2019	THURSDAY 12TH DEC 2019	FRIDAY 13TH DEC 2019	WEEKEND TIME	SATURDAY 14TH DEC 2019	SUNDAY 15TH DEC 2019
7.00AM-8.00AM	Hatha (B) Rahul	Sun Solutation Rahul	Yoga Stretch RK					C L O S E
8.15AM-9.15AM	Yoga Stretch Rahul	Yoga Backbend Vikash	Hatha Flow RK	Hatha (B) Bipin	!!SPECIAL CLASS!! ACRO YOGA BIPIN & VIKASH (8.30-10.30)	8.30AM-9.30AM	Good Morning Yoga Vikash	
9.30AM-10.30AM	Yoga Backbend Bipin	Hatha (B) Rahul	Hatha 2 RK	Yoga Stretch Bipin		9.30AM-10.30AM	Yoga Basic Bipin	
10.45AM-11.45AM	Hatha (B) Rahul (10.30-11.30)	Inversion Bipin (10.30-11.30)	Yoga Stretch Vikash	Yoga Backbend Bipin (10.30-11.30)	Aerial Yoga Dudit (Free For Members) Studio - C	11.00AM-12.00PM	Prenatal Yoga Vikash (11.30-12.30)	
2.00PM-3.00PM		Gentle Yoga Rahul (1.00-2.00)		Yoga Stretch Rahul	Hatha B Bipin	12.15PM-1.15PM	Yoga Backbend & Twist Vikash (12.30-1.30)	
4.00PM-5.00PM	Deep Stretch Rahul	Yoga Stretch Dudit (In Bahasa)	Yoga Stretch Vikash	Hatha (B) Rahul	Yoga Stretch Vikash (3.30-4.30)	2.30PM-3.30PM	Yoga Basic Rahul (2.30-3.30)	
6.30PM-7.30PM	Yoga Backbend Bipin	Hatha Classic Rahul	Hatha (B) RK	Wheel Yoga Rahul	!!SPECIAL CLASS!! PARTNER YOGA BIPIN & Vikash (5.00-6.00)	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch Vikash	Yoga Twist Bipin	Inversion Vikash	Yoga Twist Rahul	!!SPECIAL CLASS!! YOGA DANCE RAHUL (6.00-7.15)	STUDIO C	Kids Yoga Bipin (11.00-12.00)	
					POTLUCK & DINNER (7.30 pm Onwords)			
STUDIO B								
TIME	MONDAY 09TH DEC 2019	TUESDAY 10TH DEC 2019	WEDNESDAY 11TH DEC 2019	THURSDAY 12TH DEC 2019	FRIDAY 13TH DEC 2019	WEEKEND TIME	SATURDAY 14TH DEC 2019	SUNDAY 15TH DEC 2019
7.00AM-8.00AM	Hot Vinyasa Bipin	Hot Classic Bipin	Hot Slimming Rahul	Hot ABT Bipin	Hot Stretch RK			
9.30AM-10.30AM	Hot Backbend Rahul	Hot Stretch Bipin	Hot Gentle Rahul	Hot Backbend Rahul	Hot Yoga RK (10.30-11.30)	8.15AM-9.15AM	Hot Yoga Bipin	
12.00PM-1.00PM						9.45AM-10.45AM	Hot Slimming Rahul	
5.15PM-6.15PM	Hot Yoga Rahul	Hot Power Bipin	Hot Twist Vikash	Hot Gentle Rahul		11.00AM-12.00PM		
7.30PM-8.30PM	Hot Twist Bipin	Hot Backbend Rahul				1.15PM-2.15PM	Hot Stretch Rahul (1.30-2.30)	

Dear valued members:

- * Please arrive 10-15 mintues 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.