



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

**REAL YOGA CLASS SCHEDULE 06TH JAN 2019 - 12TH JAN 2020**

STUDIO A								
TIME	MONDAY 06TH JAN 2020	TUESDAY 07TH JAN 2020	WEDNESDAY 08THJAN 2020	THURSDAY 09TH JAN 2020	FRIDAY 10TH JAN 2020	WEEKEND TIME	SATURDAY 11TH JAN 2020	SUNDAY 12TH JAN 2020
7.00AM-8.00AM		Breath & Meditation Bipin						<b>C L O S E</b>
8.15AM-9.15AM	Yoga Stretch Vikash	Hatha classic Rahul	Backbend Vikash	Hatha (B) Rk	Hatha (B) Vikash	8.30AM-9.30AM	Good Morning Yoga Vikash	
9.30AM-10.30AM	Arm Balance Bipin	Aerial Yoga Vikash ( Free For Members) Studio - C	Yoga Stretch Rahul	Yoga Stretch Bipin	Yoga Twist Vikash	9.30AM-10.30AM	Yoga Basic Bipin	
10.45AM-11.45AM	Hatha (B) Vikash	Inversion Vikash	Yoga Twist Rk	Yoga Backbend Rk (10.30-11.30)	Aerial Yoga Didit ( Free For Members) Studio - C	11.00AM-12.00PM	Prenatal Yoga Vikash (11.30-12.30)	
2.00PM-3.00PM	Yoga Stretch Vikash	Yoga Basic Bipin (10.30-11.30)		Yoga Stretch Rahul	Hatha B Bipin	12.15PM-1.15PM	Yoga Backbend & Twist Vikash (12.30-1.30)	
4.00PM-5.00PM	Yoga Twist Bipin	Hatha (B) Rahul	Yoga Basic Vikash	Hot Core Rahul		2.30PM-3.30PM	Yoga Basic Rahul (2.30-3.30)	
6.30PM-7.30PM	Yoga Backbend Vikash	Luner Stretch Bipin	Yoga Backbend Rk	Wheel Yoga Rahul	Power Yoga Bipin	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch Bipin	Hatha Flow Bipin	Traditional Yoga Vikash	Lunar Stretch Rahul	Inversion Vikash	STUDIO C	Kids Yoga Bipin (11.00-12.00)	
STUDIO B								
TIME	MONDAY 06TH JAN 2020	TUESDAY 07TH JAN 2020	WEDNESDAY 08THJAN 2020	THURSDAY 09TH JAN 2020	FRIDAY 10TH JAN 2020	WEEKEND TIME	SATURDAY 11TH JAN 2020	SUNDAY 12TH JAN 2020
7.00AM-8.00AM	Hot Core Bipin	Hot Power Rahul	Hot ABT Rk	Hot Classic Bipin	Hot Stretch Rk			
9.30AM-10.30AM	Hot Backbend Rk	Hot Stretch Bipin	Hot Classic Vikash	Hot Twist RK	Hot Yoga Bipin	8.15AM-9.15AM	Hot Yoga Bipin	
12.00PM-1.00PM						9.45AM-10.45AM	Hot Core Rahul	
5.15PM-6.15PM	Hot Classic Bipin	Hot Slimming Rahul	Hot Core Vikash	Hot Yoga For Lower Body Rahul	Hot Twist Vikash	11.00AM-12.00PM		
7.30PM-8.30PM	Hot Twist Vikash	Hot Core Rahul	Hot Yoga RK	Hot Backbend RK	Hot Stretch Bipin	1.15PM-2.15PM	Hot Stretch Rahul (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.