



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

REAL YOGA CLASS SCHEDULE 03RD FEB 2019 - 09TH FEB 2020

STUDIO A								
TIME	MONDAY 03RD FEB 2020	TUESDAY 04TH FEB 2020	WEDNESDAY 05TH FEB 2020	THURSDAY 06TH FEB2020	FRIDAY 07TH FEB2020	WEEKEND TIME	SATURDAY 08TH FEB2020	SUNDAY 09TH FEB2020
7.00AM-8.00AM					Yoga Stretch BP			C L O S E
8.15AM-9.15AM	Yoga Stretch BP	Yoga Twist VK	Backbend BP	Gentle VK	Hatha (B) BP	8.30AM-9.30AM	Good Morning Yoga VK	
9.30AM-10.30AM	Arm Balance BP		Yoga Stretch BP	Power Yoga VK		9.30AM-10.30AM	Yoga Stretch VK	
10.45AM-11.45AM	Hatha (B) BP		Yoga Twist BP			11.00AM-12.00PM		
2.00PM-3.00PM		Yoga Basic VK			Hatha (B) BP	12.15PM-1.15PM	Yoga Backbend & Twist VK (12.30-1.30)	
4.00PM-5.00PM						2.30PM-3.30PM	Yoga Basic VK (1.30-2.30)	
6.30PM-7.30PM	Yoga Backbend VK	Luner Stretch BP	Yoga Backbend Therapy VK	Yoga Stretch BP	Yoga Twist VK	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch VK		Traditional Yoga VK	Inversion BP	Yoga Stretch VK	S T U D I O C		
STUDIO B								
TIME	MONDAY 03RD FEB 2020	TUESDAY 04TH FEB 2020	WEDNESDAY 05TH FEB 2020	THURSDAY 06TH FEB2020	FRIDAY 07TH FEB2020	WEEKEND TIME	SATURDAY 08TH FEB2020	SUNDAY 09TH FEB2020
7.00AM-8.00AM	Hot Twist BP	Hot Core VK	Hot Yoga BP	Hot ABT VK				C L O S E
9.30AM-10.30AM		Hot Stretch VK	Hot Slimming (B) BP	Hot Twist VK	Hot Yoga BP	8.15AM-9.15AM		
12.00PM-1.00PM						9.45AM-10.45AM		
5.15PM-6.15PM	Hot Classic VK	Hot Slimming BP	Hot Core VK	Hot Yoga BP	Hot BackBend VK	11.00AM-12.00PM	Hot Vinyasa VK (11.30-12.30)	
7.30PM-8.30PM		Hot Balance BP				1.15PM-2.15PM		

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.