



REAL YOGA

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

REAL YOGA CLASS SCHEDULE 17TH FEB 2020 - 23RD FEB 2020

STUDIO A								
TIME	MONDAY 17TH FEB 2020	TUESDAY 18TH FEB 2020	WEDNESDAY 19TH FEB 2020	THURSDAY 20TH FEB 2020	FRIDAY 21ST FEB 2020	WEEKEND TIME	SATURDAY 22ND FEB 2020	SUNDAY 23RD FEB 2020
7.00AM-8.00AM	Yoga Twist VK		Yoga Stretch RH	Good Morning Yoga RH				C L O S E
8.15AM-9.15AM	Yoga Stretch VK	Hatha B BP	Backbend VK	NEW CLASS Pilates Matwork AB	Hatha (B) VK	8.30AM-9.30AM	Good Morning Yoga VK	
9.30AM-10.30AM	Arm Balance BP		Yoga Stretch AB	Power Yoga BP	Yoga Twist VK	9.30AM-10.30AM	Yoga Backbend & Twist VK	
10.45AM-11.45AM	Hatha B BP	Yoga Stretch RH	Yoga Twist AB	Yoga Backbend AB	Aerial Yoga Didit (Free For Members) Studio - C	11.00AM-12.00PM	Prenatal Yoga VK (11.30-12.30)	
2.00PM-3.00PM	Yoga Stretch RH	Hatha (B) RH		Yoga Stretch RH	Hatha B BP	12.15PM-1.15PM	NEW CLASS Pilates Matwork AB (12.30-1.30)	
4.00PM-5.00PM	Hatha (B) RH	Hatha (B) AB	Yoga Basic VK	Core Yoga RH		2.30PM-3.30PM	Yoga Basic RH (2.30-3.30)	
6.30PM-7.30PM	Yoga Backbend VK	Aerial Yoga RK (Free For Members) Studio - C	NEW CLASS Pilates Matwork AB	Wheel Yoga RH	Yoga Backbend BP	3.45PM-4.45PM		
7.45PM-8.45PM	Yoga Stretch RH	Luner Stretch BP (6.30-7.30)	Power Yoga VK	Yoga Twist RH	Inversion VK	STUDIO C	Kids Yoga RH (11.00-12.00)	
		Hatha Flow BP (7.45-8.45)						
STUDIO B								
TIME	MONDAY 17TH FEB 2020	TUESDAY 18TH FEB 2020	WEDNESDAY 19TH FEB 2020	THURSDAY 20TH FEB 2020	FRIDAY 21ST FEB 2020	WEEKEND TIME	SATURDAY 22ND FEB 2020	SUNDAY 23RD FEB 2020
7.00AM-8.00AM	Hot Core BP	Hot Backbend & Twist VK	Hot Vinyasa AB	NEW CLASS Pilates Matwork AB	Hot Stretch AB			
9.30AM-10.30AM	Hot Backbend VK	Hot Stretch BP	Hot Classic VK	Hot Twist AB	Hot Yoga BP	8.15AM-9.15AM	Hot Yoga RH	
12.00PM-1.00PM						9.45AM-10.45AM	Hot Core RH	
5.15PM-6.15PM	Hot Classic RH	Hot Slimming RH	Hot Core VK	Hot Yoga RK	Hot Twist VK	11.00AM-12.00PM	Hot Vinyasa AB	
7.30PM-8.30PM	Hot Twist BP	Hot Balance RH	Hot Yoga AB	Hot Backbend AB	Hot Stretch BP	1.15PM-2.15PM	Hot Stretch AB (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.