



TFYS- HARTAMAS - YOGA SCHEDULE - 1st Feb to 5th Feb 2012

YOGA STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
7:15am - 8:15am	ANANDA YOGA RAMESH	YOGA THERAPY PREMA	GENTLE YOGA-2 BILLY	SUN SALUTATION RADHA	KRIPALU YOGA RADHA	SUN SALUTATION RADHA	HATHA YOGA RAMESH
8:30am - 9:30am	YOGA THERAPY RAMESH	HATHA YOGA RAMESH	ANANDA YOGA RAMESH	YOGA THERAPY RAMESH	GENTLE YOGA-2 RADHA	YOGA THERAPY PREMA	GENTLE YOGA-2 RAMESH
9:45am-10:45am	HATHA YOGA IRRENA	YOGA THERAPY RADHA	GENTLE YOGA-2 RAMESH	HATHA YOGA RAMESH	ASTANGA YOGA RAMESH	GENTLE YOGA-1 PREMA	BOLLYWOOD DANCE SANDIP
11:00am-12:00noon	YOGA - LATES IRRENA	POWER YOGA RADHA	YOGA THERAPY RADHA	GENTLE YOGA-1 RAMESH	YOGA THERAPY RAMESH	FUSION DANCE MUVVA	YOGA THERAPY RADHA
12.15 noon - 1.15pm	BOLLYWOOD DANCE MUVVA	BOLLYWOOD DANCE SANDIP	FUSION DANCE MUVVA		BOLLYWOOD DANCE MUVVA		GENTLE YOGA-1 RADHA
1.30pm - 2.30 pm							
3:30pm-4:30pm	FLOW YOGA RAJINI	FUSION DANCE SANDIP	BOLLYWOOD DANCE MUVVA	BOLLYWOOD DANCE SANDIP	ANANDA YOGA RADHA	YOGA THERAPY RADHA	GENTLE YOGA-2 RAMESH
4:45pm-5:45pm	YOGA THERAPY RAMESH	GENTLE YOGA-1 RAMESH	YOGA THERAPY RAMESH	KRIPALU YOGA RADHA	ASTANGA YOGA RAMESH	BOLLYWOOD DANCE SANDIP	BOLLYWOOD DANCE MUVVA
6:00pm-7:00pm	GENTLE YOGA-1 RAMESH	HATHA YOGA RADHA	BOLLYWOOD DANCE MUVVA	ASTANGA YOGA RAMESH	FLOW YOGA BILLY	GENTLE YOGA-2 RADHA	ANANDA YOGA RAMESH
7:15pm-8:15pm	ANANDA INTERMEDIATE RAMESH	ASTANGA YOGA RAMESH	GENTLE YOGA-1 RAMESH	YOGA THERAPY PREMA	HATHA YOGA PREMA	FUSION DANCE SANDIP	FUSION DANCE MUVVA
8:30pm-9:30pm	BOLLYWOOD DANCE MUVVA	FUSION DANCE SANDIP	FUSION DANCE MUVVA	KRIPALU YOGA RAMESH	YOGA THERAPY PREMA		

updated as of: 19th Jan 2011

PLEASE NOTE:

NO ONE WILL BE PERMITTED TO ENTER THE STUDIO WITHOUT A TICKET OR ONCE THE CLASS BEGINS.

PLEASE SWITCH YOUR HAND PHONE ON SILENT MODE ONCE YOU ENTER THE YOGA STUDIO.

PLEASE LEAVE YOUR BELONGINGS IN THE DAY LOCKER ON 1ST FLOOR