



# TRUE FITNESS

JAYA33

## TFYS - 1st Feb to 29th Feb 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 - 8.00 am							
8.00 - 9.00 am							
9.30 - 10.30 am	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SAMIR
11.00 - 12.00 pm						<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> BIBIE
1.00 - 2.00 pm							
6.00 - 7.00 pm	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> IRRENA	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> SAMIR
7.30 - 8.30 pm	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> SAMIR	<b>HOT YOGA</b> SUDIP	<b>HOT YOGA</b> SUDIP		
9.00 - 10.00 pm							

### STUDIO B

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 - 8.00 am	<b>YOGA THERAPY</b> SAMIR	<b>SUN SALUTATION</b> SAMIR	<b>GENTLE YOGA-1</b> SUDIP	<b>SUN SALUTATION</b> SUDIP			
8.15 - 9.15 am	<b>GENTLE YOGA-1</b> SUDIP	<b>GENTLE YOGA-2</b> SAMIR	<b>YOGA THERAPY</b> SAMIR	<b>ASANA &amp; PRANAYAMA</b> SAMIR	<b>HATHA YOGA</b> SUDIP	<b>ASANA &amp; PRANAYAMA</b> SUDIP	<b>HATHA YOGA</b> SAMIR
9.30 - 10.30am						<b>GENTLE YOGA-1</b> SAMIR	
3.30 - 4.30PM							
4.45-5.45PM						<b>HATHA YOGA</b> SUDIP	<b>YOGA THERAPY</b> SAMIR
6.00-7.00PM	<b>ANANDA YOGA</b> SUDIP	<b>BOLLYWOOD DANCE</b> SANDIP	<b>HATHA YOGA</b> SAMIR	<b>YOGA THERAPY</b> SUDIP	<b>GENTLE YOGA-2</b> RADHA	<b>YOGA THERAPY</b> SUDIP	
7.15 - 8.15 pm	<b>KRIPALU YOGA</b> SAMIR	<b>ASTANGA YOGA</b> SUDIP	<b>YOGA THERAPY</b> SUDIP	<b>BOLLYWOOD DANCE</b> SANDIP	<b>YOGA-LATES</b> IRRENA	<b>GENTLE YOGA-2</b> SAMIR	<b>GENTLE YOGA-1</b> SAMIR
8.30 - 9.30 pm	<b>ANANDA INTERMEDIATE</b> SAMIR	<b>YOGA THERAPY</b> SUDIP	<b>KRIPALU YOGA</b> SUDIP	<b>HATHA YOGA</b> SAMIR	<b>YOGA THERAPY</b> SUDIP		

UPDATED: 17/1/2012

**PLEASE TAKE NOTE** - PLEASE BRING YOUR MEMBERSHIP CARD FOR REGISTRATION AT YOGA RECEPTION

NO ONE WILL BE PERMITTED TO ENTER THE STUDIO WITHOUT A PASS

STUDIO DOOR WILL BE CLOSED AFTER THE CLASS COMMENCING

PLEASE SWITCH YOUR MOBILE PHONE ON SILENT MODE BEFORE YOU ENTER THE YOGA STUDIO.