



## YOGA SCHEDULE

TYFS - KENANGA - 1ST Feb to 29th Feb 2012

TIME/ DAY	MON	TUE	WED	THU	FRI	SAT	SUN
7.00am - 8.00am	YOGA THERAPY HEMRAJ	GENTLE YOGA-1 HEMRAJ	ANANDA YOGA BIBIE	GENTLE YOGA-2 HEMRAJ	SUN SALUTATION HEMRAJ		
8:15am - 9:15am	HATHA YOGA HEMRAJ	FLOW YOGA BILLY	YOGA-LATES BIBIE	GENTLE YOGA-2 HEMRAJ	YOGA THERAPY HEMRAJ		ANANDA YOGA HEMRAJ
9:30am - 10:30am						GENTLE YOGA-1 HEMRAJ	YOGA THERAPY HEMRAJ
2:00pm - 3:00pm							
3:30pm - 4:30pm						YOGA THERAPHY HEMRAJ	HATHA YOGA HEMRAJ
4.45pm - 5.45 pm	ANANDA YOGA HEMRAJ	GENTLE YOGA-2 HEMRAJ	FLOW YOGA EDEN	YOGA THERAPY HEMRAJ	GENTLE YOGA-1 RAJINI	ANANDA YOGA HEMRAJ	GENTLE YOGA-2 HEMRAJ
6.00pm - 7.00pm	BOLLYWOOD DANCE MUVVA	HATHA YOGA HEMRAJ	GENTLE YOGA-2 RADHA	KRIPALU YOGA HEMRAJ	ASTANGA YOGA HEMRAJ		
7.15pm to 8.15pm	ASTANGA YOGA HEMRAJ	YOGA THERAPY HEMRAJ	HATHA YOGA RADHA	GENTLE YOGA-1 HEMRAJ	HATHA YOGA HEMRAJ		

UPDATED AS OF: 19th Jan 2012

**PLEASE NOTE:**

NO ONE WILL BE PERMITTED TO ENTER THE STUDIO ONCE THE CLASS BEGINS  
 PLEASE LEAVE YOUR BELONGINGS IN THE DAY LOCKER ON THE 4TH FLOOR  
 PLEASE SWITCH YOUR MOBILE PHONE ON SILENT MODE BEFORE YOU ENTER THE YOGA STUDIO