



USJ -TFYS 1st Feb to 29th Feb 2012

TIME / DAY	MON	TUE	WED	THU	FRI	SAT	SUN
8:15am - 9:15am	HOT YOGA RAJINI	HOT YOGA SENJIT	HOT YOGA MURALI	HOT YOGA MURALI	HOT YOGA SENJIT		
9.30am - 10.30am	HOT YOGA SENJIT	HOT YOGA GOUTAM	HOT YOGA GOUTAM	HOT YOGA SENJIT	HOT YOGA MURALI	HOT YOGA CHLOE	HOT YOGA GOUTAM
11:00am-12:00noon						HOT YOGA MURALI	HOT YOGA SENJIT
2.30am-3:30pm							
3:45pm-4.45pm							
5:00pm-6:00pm						HOT YOGA SENJIT	HOT YOGA SENJIT
6:15pm-7.15pm	HOT YOGA SENJIT	HOT YOGA GOUTAM	HOT YOGA MURALI	HOT YOGA MURALI	HOT YOGA GOUTAM	HOT YOGA GOUTAM	HOT YOGA MURALI
7.30pm-8.30pm	HOT YOGA GOUTAM	HOT YOGA MURALI	HOT YOGA GOUTAM	HOT YOGA SENJIT	HOT YOGA MURALI		
8.45pm-9.45pm							

STUDIO B

TIME / DAY	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am - 8:00am	KRIPALU YOGA GOUTAM	YOGA THERAPY SENJIT	ANANDA YOGA MURALI	SUN SALUTATION MURALI	SUN SALUTATION SENJIT	YOGA THERAPY GOUTAM	GENTLE YOGA -1 SENJIT
8:15am - 9:15am	YOGA THERAPY SENJIT	GENTLE YOGA -1 GOUTAM	GENTLE YOGA -2 RAJINI	ANANDA YOGA SENJIT	YOGA THERAPY GOUTAM	YOGA-LATES CHLOE	ASANA&PRANAYAMA MURALI
9:45am-10:45am		BOLLYWOOD DANCE MUVVA				HATHA YOGA GOUTAM	BOLLYWOOD DANCE MUVVA
11:30am-12:30pm	BOLLYWOOD DANCE SANDIP	FUSION DANCE MUVVA	BOLLYWOOD DANCE SANDIP	FUSION DANCE SANDIP		FUSION DANCE SANDIP	KIDS YOGA GOUTAM
12:45pm-1:45pm						BOLLYWOOD DANCE SANDIP	
4.15pm -5.15pm					BOLLYWOOD DANCE MUVVA	FUSION DANCE MUVVA	HATHA YOGA GOUTAM
5.45pm -6.45pm		YOGA THERAPY SENJIT	GENTLE YOGA -2 WYE	FLOW YOGA WYE	GENTLE YOGA -1 MURALI	BOLLYWOOD DANCE MUVVA	FUSION DANCE SANDIP
7.00pm-8.00pm	FUSION DANCE SANDIP	HATHA VINYASA SENJIT	BOLLYWOOD DANCE SANDIP		ASTANGA YOGA SENJIT	YOGA THERAPY SENJIT	BOLLYWOOD DANCE SANDIP
8.15pm-9.15pm	BOLLYWOOD DANCE SANDIP	BOLLYWOOD DANCE MUVVA	FUSION DANCE SANDIP	YOGA THERAPY MURALI	FUSION DANCE MUVVA		

Note: Sat,Sun and Public Holidays 7.00am Classes will start at 7.10am

STUDIO C

TIME / DAY	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am - 9:00am	ANANDA YOGA GOUTAM	YOGA THERAPY MURALI	HATHA YOGA GOUTAM	GENTLE YOGA -1 BILLY	GENTLE YOGA-2 MURALI	ANANDA YOGA MURALI	GENTLE YOGA -2 GOUTAM
9:30am - 10:30am	ASTANGA YOGA JEAN	HATHA YOGA MURALI	FLOW YOGA JEAN	YOGA THERAPY RADHA	HATHA YOGA GOUTAM	GENTLE YOGA -1 SENJIT	HATHA YOGA MURALI
11:00am-12:00noon						YOGA THERAPY SENJIT	
12.30pm-1:30pm							
3:30pm-4.30pm						GENTLE YOGA -2 GOUTAM	YOGA THERAPY SENJIT
5.00pm -6.00pm	HATHA YOGA SENJIT	ASTANGA YOGA MURALI	HATHA VINYASA MURALI	HATHA VINYASA SELINA	ANANDA YOGA GOUTAM	ADVANCE HATHA MURALI	ASTANGA YOGA MURALI
6:30pm-7.30pm	GENTLE YOGA -2 GOUTAM		YOGA THERAPY GOUTAM	HATHA YOGA SENJIT		ANANDA YOGA MURALI	
8.00pm-9.00pm		HATHA YOGA GOUTAM			GENTLE YOGA -2 SENJIT		

dated as of: 19th Jan 2012 N

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