



TRUE FITNESS

SUNWAY GIZA

TFYS -1st Feb to 29th Feb 2012

YOGA STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 - 8.15 am	GENTLE YOGA-1 GUNA	HOT YOGA GUNA	SUN SALUTATION GUNA	HATHA YOGA RAJINI	YOGA THERAPY BIBIE		
8.30 - 9.30 am	HOT YOGA GUNA	GENTLE YOGA-2 GUNA	YOGA THERAPY RADHA	SUN SALUTATION GUNA	HOT YOGA GUNA	HATHA YOGA GUNA	
9.45 - 10.45 am	BOLLYWOOD DANCE MUVVA		HOT YOGA BILLY		HATHA YOGA GUNA	HOT YOGA GUNA	HOT YOGA WYE
12.30 - 1.30 pm							
4.30 - 5.30 pm		HATHA YOGA GUNA	GENTLE YOGA-1 GUNA	YOGA THERAPY GUNA		HOT YOGA GUNA	YOGA THERAPY RADHA
6.00 - 7.00 pm	FLOW YOGA ZEN	HOT YOGA GUNA	ASTANGA YOGA GUNA	HOT YOGA GUNA	HOT YOGA GUNA	GENTLE YOGA-2 GUNA	HOT YOGA BIBIE
7.15 - 8.15 pm	HOT YOGA GUNA	YOGA THERAPY PREMA	HOT YOGA MAVIS	KRIPALU YOGA GUNA	GENTLE YOGA-1 GUNA		
8.30 - 9.30 pm	HATHA YOGA GUNA	HOT YOGA PREMA	YOGA THERAPY GUNA	GENTLE YOGA - 1 RADHA	FLOW YOGA BILLY		

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.