

YOGA SCHEDULE



FEBRUARY 06 - 12, 2012



HOT YOGA STUDIO

YOGA STUDIO

	MON 06/02	TUE 07/02	WED 08/02	THUR 09/02	FRI 10/02	SAT 11/02	SUN 12/02		MON 06/02	TUE 07/02	WED 08/02	THUR 09/02	FRI 10/02	SAT 11/02	SUN 12/02
6:30 7:30	Bikram Original Hot Yoga 6:30 - 8:00	Hot Yoga RAAJ (E)	Bikram Original Hot Yoga 6:30 - 8:00	Hot Yoga KANAR	Bikram Original Hot Yoga 6:30 - 8:00			6:30 7:30	Lila Yoga (B) PRANOM	Bliss Vinyasa Yoga (B) SUTHAM	Hatha Yoga (M) NOI (e)		Hatha Yoga (M) TUE		
8:10 9:10	Hot Yoga RANG	Bikram Original Hot Yoga 7:45 - 9:15	Hot Yoga DIPAK (E)	Bikram Original Hot Yoga 7:45 - 9:15	Hot Yoga RAAJ (E)	Bikram Original Hot Yoga 8:15 - 9:45	Bikram Original Hot Yoga 8:15 - 9:45	8:15 9:15		Hatha Yoga (M) MUU		Lila Yoga (M) PRANOM	Lila Yoga (M) KANAR	Gentle Yoga (B) DIPAK (E)	Lila Yoga (M) PRANOM
9:30 10:30	Bikram Original Hot Yoga 9:20 - 10:50	Hot Yoga RANG	Bikram Original Hot Yoga 9:20 - 10:50	Hot Yoga RAAJ (E)	Hot Yoga JIMMY (e) 9:45 - 10:45	Hot Yoga RANG 10:00 - 11:00	Hot Yoga RANG 10:00 - 11:00	9:30 10:30	Hatha Yoga (B) RAAJ (E)	Hatha Yoga (M) DIPAK (E)	Lila Yoga (M) KANAR	Hatha Yoga (M) TUE	Power Yoga (M) TOM	Lila Yoga (B) PRANOM	Gentle Yoga (B) MUU
11:00 12:00	Hot Yoga RAAJ (E)	Hot Yoga TUE ☺	Hot Yoga RAAJ (E)	Hot Yoga RANG	Hot Yoga TUE	Hot Yoga RANG 11:15 - 12:15	Hot Yoga KANAR 11:15 - 12:15	10:45 11:45	Hatha Yoga (B) NOI ☺	Gentle Yoga (B) DIPAK (E)	Gentle Yoga (B) NOI (e) ☺	Hatha Yoga (B) DIPAK (E)	Lila Yoga (M) KANAR	Gentle Yoga (B) NONG (e)	Hatha Yoga (B) RAAJ (E)
12:30 13:30	Bikram Original Hot Yoga 12:15 - 13:45	Bikram Original Hot Yoga 12:15 - 13:45	Bikram Original Hot Yoga 12:15 - 13:45	Bikram Original Hot Yoga 12:15 - 13:45	Bikram Original Hot Yoga 12:15 - 13:45	Hot Yoga KANAR	Hot Yoga RANG	12:00 13:00	Hatha Yoga (B) DIPAK (E)	Gentle Yoga 12:10 - 13:10 (B) RAAJ (E)	Hatha Yoga 12:10 - 13:10 (B) DIPAK (E)	Asharam Yoga (B) SUTHAM (e)	Hatha Yoga (B) DIPAK (E)	Hatha Yoga (B) DIPAK (E)	Lila Yoga (M) PRANOM
14:00 15:00	Hot Yoga DIPAK (E)	Hot Yoga DIPAK (E)	Hot Yoga RANG	Hot Yoga RANG ☺	Hot Yoga DIPAK (E)	Bikram Original Hot Yoga 13:45 - 15:15	Bikram Original Hot Yoga 13:45 - 15:15	13:15 14:15	Hatha Yoga (B) DIPAK (E)	Lila Yoga (M) KANAR	Gentle Yoga (B) RAAJ (E)	Power Yoga (I) TOM	Hatha Yoga (B) DIPAK (E)	Hatha Yoga (M) NOI (e)	Hatha Yoga (M) RAAJ (E)
15:15 16:15	Bikram Original Hot Yoga 15:15 - 16:45	Hot Yoga KANAR ☺	Bikram Original Hot Yoga 15:15 - 16:45	Hot Yoga JIMMY (e)	Bikram Original Hot Yoga 15:15 - 16:45	Hot Yoga NOI (e) 15:30 - 16:30	Hot Yoga RANG 15:30 - 16:30	14:30 15:30	Gentle Yoga (B) RAAJ (E)	Power Yoga (I) TOM	Power Yoga (M) PRANEE	Power Yoga (B) RAAJ (E)	Hatha Yoga (B) RAAJ (E)	Kripalu Yoga (M) KEN (e)	Power Yoga (M) RAAJ (E)
17:00 18:00	Hot Yoga RAAJ (E)	Bikram Original Hot Yoga 16:30 - 18:00	Hot Yoga PRANEE ☺	Bikram Original Hot Yoga 16:30 - 18:00	Hot Yoga RAAJ (E)	Hot Yoga RANG 16:45 - 17:45	Hot Yoga RAAJ (E) 16:45 - 17:45	15:45 16:45	Lama Yoga (M) MAN	Hatha Yoga (B) DIPAK (E)	Hatha Yoga (M) RAAJ (E)	Hatha Yoga (B) DIPAK (E)	Power Yoga (M) TOM	Hatha Yoga (M) NONG (e)	Lama Yoga (M) MAN
18:15 19:15	Bikram Original Hot Yoga 18:15 - 19:45	Hot Yoga NOI (e) ☺	Bikram Original Hot Yoga 18:15 - 19:45	Hot Yoga DIPAK (E)	Hot Yoga DIPAK (E)	Hot Yoga DIPAK (E) 18:00 - 19:00	Hot Yoga PRANEE 18:00 - 19:00	17:00 18:00	Ashtanga Yoga (M) DIPAK (E)	Gentle Yoga (B) RAAJ (E)	Power Yoga (B) KANAR	Lama Yoga (M) MAN	Hatha Yoga (B) DIPAK (E)	Hatha Yoga (M) TOM	Vinyasa Yoga (M) RANG
20:00 21:00	Hot Yoga DIPAK (E)	Bikram Original Hot Yoga 19:30 - 21:00	Hot Yoga DIPAK (E)	Bikram Original Hot Yoga 19:30 - 21:00	Bikram Original Hot Yoga 19:30 - 21:00			18:10 19:10	Hatha Yoga (B) NOI (e) ☺	Hatha Yoga (M) RAAJ (E)	Hatha Yoga (B) DIPAK (E)	Hatha Yoga (M) TUE	Lila Yoga (M) PRANOM	Lila Yoga (M) KANAR	Hatha Yoga (B) RANG ☺
21:15 22:15		Hot Yoga RANG		Hot Yoga RAAJ (E)				19:20 20:20	Ashtanga Yoga (M) MUU ☺	Vinyasa Yoga (M) JIMMY (e) ☺	Hatha Yoga (M) MUU	Hatha Yoga (M) RAAJ (E)	Ashtang Yoga (M) MUU ☺	Vinyasa Yoga (M) RANG	Gentle Yoga (M) PRANEE
								20:30 21:30	Lila Yoga (B) KANAR	Fitness Yoga (M) JIMMY (e)	Power Yoga (M) RAAJ (E)	Gentle Yoga (M) DIPAK (E)			

(B) = Beginner (I) = Intermediate (A) = Advance (M) = Multi-Level (E) = English Instruction Only (e) = English Instruction can be requested
☺ Replacement Instructor

PLEASE NOTE:

NO ONE WILL BE PERMITTED TO ENTER THE STUDIO WITHOUT A PASS CARD OR ONCE THE CLASS BEGINS.
PLEASE SWITCH YOUR HANDPHONE ON SILENT MODE ONCE YOU ENTER THE YOGA STUDIO.

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