

# YOGA STUDIO

Ngamwongwan

JANUARY 30 - FEBRUARY 05, 2012

Khae - Rai

TIME	MON 30/01	TUE 31/01	WED 01/02	THURS 02/02	FRI 03/02	SAT 04/02	SUN 05/02
6:30 7:30					World class Yoga Systems ....., Ashtanga Yoga, Ashtanga Vinyasa Yoga, Hatha Yoga, Hatha Vinyasa Yoga, Power yoga, Yin - Yang Yoga, Hot Yoga, Yoga Therapy and Gentle Yoga are exclusively in TRUE FITNESS		
8:00 9:00							
9:30 10:30	YOGA THERAPY (B) NID	HATHA BESICS (B) PONG	HATHA YOGA (B) NID	SUN SERIES 1 (B) RAJ			
11:00 12:00	HATHA YOGA (B) NID	POWER YOGA (B) PONG	HOT YOGA (B) NID	YOGA THERAPY (B) NID	HATHA VINYASA (B) RAJ	HOT YOGA (B) TUE	HOT YOGA (B) TUE
12:30 13:30	YIN - YANG YOGA (B) GOLF	HATHA BASICS (B) RAJ	YOGA WARRIOR (B) RAJ	GENTLE YOGA (B) NID	ASHTANGA YOGA (B) RAJ	HATHA YOGA (B) TUE	POWER YOGA (B) TUE
14:00 15:00	ASHTANGA (B) GOLF					POWER YOGA (B) TUE	HATHA YOGA (B) TUE
15:30 16:30	HATHA YOGA (B) TUE	GENTLE YOGA (B) NID	YIN - YANG YOGA (B) GOLF	MOON SERIES (B) RAJ		HOT FLOW II (B) RAJ	HATHA YOGA (B) RAJ
17:00 18:00	POWER YOGA (B) TUE	HATHA YOGA (B) NID	ASHTANGA VINYASA (B) GOLF	HATHA VINYASA (B) RAJ	HATHA YOGA (B) TUE	HATHA YOGA (M) RAJ	YOGA WARRIOR (M) RAJ
18:15 19:15	YOGA SHAKTHI (B) RAJ	HOT FLOW II (B) RAJ	HATHA YOGA ANANDA (B) RAJ	HATHA YOGA (B) PONG	POWER YOGA (B) TUE	Dear Valued members, Get fit, Fat burn, Loose weight and be fresh with our yoga instructor	
19:30 20:30	HOT FLOW I (B) RAJ	HATHA HANUMAN (B) RAJ	YOGA WARRIOR (B) RAJ	POWER YOGA (B) PONG	HOT YOGA (B) TUE		
20:40 21:40						TRUE FITNESS	

(B) = Beginner (I) = Intermediate (A) = Advance (M) = Multi-Level

PLEASE NOTE:

NO ONE WILL BE PERMITTED TO ENTER THE STUDIO WITHOUT A PASS CARD OR ONCE THE CLASS BEGINS.

PLEASE SWITCH YOUR HAND PHONE ON SILENT MODE ONCE YOU ENTER THE YOGA STUDIO.

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