Week of: 1 September

	1/9 SUNDAY		2/9 MONDAY					4/9 WEDNESDAY		5/9 THURSDAY		6/9 FRIDAY		/9 RDAY
	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio
08:00														
08:30														
09:00														Morning
09:30														Stretch 9AM-10AM
10:00	Morning Flow													Jill
10:30	10AM-11AM Jill													
11:00						Yoga Therapy for Back Pain		Core Yoga				Yoga Flow		Wheel Yoga
11:30	Yoga Flow	Vinyasa Flow 11AM-12PM				& Strengthening		11AM-12PM Master Ganesh				11AM-12PM Emily		11AM-12PM Master
12:00	11.30AM- 12.30PM	Hatha Stretch 12.05PM-				11AM-12PM Tanvi		Master Gallesii				Linny	Yoga Stretch	Ganesh
12:30	Emily	1.05PM Hana											12PM-1PM Yoga For	Align Yoga 12.05PM-
13:00													Flexibility & Strength	1.05PM Master
13:30													1PM-2PM Jill	Ganesh
14:00													511	
14:30				Hatha Beginners						Hatha Beginners	Yoga Flow 2PM-3PM			
15:00				2PM-3PM Meditation			Hatha Flow			2PM-3PM Meditation	Yoga Stretch 3PM-4PM			
15:30				3PM-4PM Karthiga			3PM-4PM Emily			3PM-4PM Emil Karthiga	Emily		Yoga Flow 3PM-4PM	
16:00							y							
16:30													Hatha Flow	
17:00													4PM-5PM	
17:30													Yoga Stretch 5PM-6PM	
18:00													Yan Yan	
18:30									Hatha Flow					
19:00				Neck &					6.30PM- 7.30PM					
19:30				Shoulder Release 7PM-				Ashtanga	Janice			Hip Opening 7PM-8PM		
20:00				8PM Hip Opening 8.05				Primary Series 7PM-9PM	Vinyasa Flow			Restorative Yoga 8PM-		
20:30				PM- 9.05PM Shilpa				Master Ganesh	8PM-9PM Janice			9PM Zong Qi		
21:00				ompu										
21:30														

Week of: 8 September

	8/9 SUNDAY							11/9 WEDNESDAY		12/9 THURSDAY		13/9 FRIDAY		I/9 IRDAY
	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio
08:00														
08:30														
09:00														
09:30														
10:00											Morning			
10:30											Flow 10AM- 11AM Jill			
11:00		Yoga For Neck		Yin Yoga		Yoga Therapy for Back Pain		Care Vare			TTAW JII	Vere Flow	Yin Yoga 11AM-12PM	Wheel Yoga
11:30		& Shoulder Release		11AM-12PM Cheng		& Strengthening		Core Yoga 11AM-12PM Master Ganesh				Yoga Flow 11AM-12PM Emily	Daisy	11AM-12PM Master
12:00		11AM-12PM Hip & Pelvic		Cheng		11AM-12PM Tanvi		waster Ganesii				Emily	Yoga Stretch	Ganesh
12:30		Opening 12.05 M- 1.05PM											12PM-1PM	Align Yoga 12.05PM-
13:00		Hana											Yoga For Flexibility &	1.05PM Master
13:30													Strength 1PM-2PM	Ganesh
14:00													Jill	
14:30				Hatha Beginners						Hatha Beginners	Yoga Flow 2PM-3PM			
15:00				2PM-3PM Meditation						2PM-3PM Meditation	Yoga Stretch 3PM-4PM			
15:30				3PM-4PM Karthiga						3PM-4PM Karthiga	Emily			
16:00														
16:30														
17:00														
17:30														
18:00														
18:30									Hatha Flow					
19:00				Neck &					6.30PM- 7.30PM					
19:30			Hatha Yoga	Shoulder Release 7PM-				Astanga	Janice			Hip Opening 7PM-8PM		
20:00			哈他瑜伽 7.30 PM- 8.30PM	8PM Hip Opening 8.05				Primary Series 7PM-9PM	Vinyasa Flow			Restorative Yoga 8PM-		
20:30				Ionico	PM- 9.05PM Shilpa				Master Ganesh	8PM-9PM			9PM Zong Qi	
21:00				Sillipa					Janice					
21:30														

Week of: 15 Septembe

	15/9 SUNDAY		16/9 MONDAY		17/9 TUESDAY		18/9 WEDNESDAY		19/9 THURSDAY		20/9 FRIDAY		21/9 SATURDAY		
	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	
08:00															
08:30															
09:00															
09:30															
10:00											Morning				
10:30											Flow 10AM- 11AM Jill				
11:00		Yoga For Neck		Vin Vore		Yoga Therapy for Back Pain		Core Yoga			TTAM JII	Yoga Flow		Wheel Yoga	
11:30		& Shoulder Release		Yin Yoga 11AM-12PM Cheng		& Strengthening		11AM-12PM Master Ganesh				11AM-12PM Emily		11AM-12PM Master	
12:00		11AM-12PM Hip & Pelvic		Cheng		11AM-12PM Tanvi		waster Ganesii				Emily	Yoga Stretch	Ganesh	
12:30		Opening 12.05 M- 1.05PM											12PM-1PM Yoga For	Align Yoga 12.05PM-	
13:00		Hana											Flexibility &	1.05PM Master	
13:30													Strength 1PM-2PM Jill	Ganesh	
14:00										Hatha			JIII		
14:30				Hatha Beginners						Beginners 2PM-3PM	Yoga Flow 2PM-3PM				
15:00				2PM-3PM Meditation						Meditation 3PM-4PM	Yoga Stretch 3PM-4PM				
15:30				3PM-4PM Karthiga						Karthiga	Emily		Yoga Flow 3PM-4PM		
16:00															
16:30													Hatha Flow		
17:00													4PM-5PM		
17:30													Yoga Stretch 5PM-6PM		
18:00													Yan Yan		
18:30									Hatha Flow						
19:00				Neck &					6.30PM- 7.30PM						
19:30			Hatha Yoga 哈他瑜伽 7.30 PM- 8.30PM Janice F	Shoulder Release 7PM-				Astanga	Janice						
20:00				哈他瑜伽 7.30 PM- 8.30PM	8PM Hip				Primary Series 7PM-9PM	Vinvasa Elow					
20:30						Opening 8.05 PM- 9.05PM				Master Ganesh	OPIVI-9PIVI				
21:00				Shilpa					Janice						
21:30															

Week of: 22 Septembe

	22/9 SUNDAY		23/9 MONDAY					25/9 WEDNESDAY		26/9 THURSDAY		27/9 FRIDAY		/9 RDAY
	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio
08:00														
08:30														
09:00														
09:30														
10:00											Morning			
10:30											Flow 10AM- 11AM Jill			
11:00				Vin Vogo		Yoga Therapy for Back Pain		Core Yoga				Yoga Flow		Wheel Yoga
11:30		Vinyasa Flow 11AM-12PM		Yin Yoga 11AM-12PM Cheng		& Strengthening		11AM-12PM Master Ganesh				11AM-12PM Emily		11AM-12PM Master
12:00		Yin Yoga 12.05PM-		Cheng		11AM-12PM Tanvi		waster Ganesii				Emily	Yoga Stretch	Ganesh
12:30		1.05PM Hana											12PM-1PM Yoga For	Align Yoga 12.05PM-
13:00													Flexibility &	1.05PM Master
13:30													Strength 1PM-2PM Jill	Ganesh
14:00													JIII	
14:30				Hatha Beginners						Beginners 2P 2PM-3PM Yog Meditation 3P	Yoga Flow 2PM-3PM Yoga Stretch 3PM-4PM Emily			
15:00				2PM-3PM Meditation 3PM-4PM Karthiga										
15:30												Yoga Flow 3PM-4PM		
16:00														
16:30													Hatha Flow	
17:00													4PM-5PM	
17:30													Yoga Stretch 5PM-6PM	
18:00													Yan Yan	
18:30									Hatha Flow					
19:00				Neck &					6.30PM- 7.30PM					
19:30			Hatha Yoga 哈他瑜伽 7.30 PM- 8.30PM Janice	Shoulder Release 7PM-				Astanga	Janice					
20:00				8PM Hip Opening 8.05				Primary Series 7PM-9PM Master Ganesh	Vinyasa Flow					
20:30				PM- 9.05PM Shilpa					Vinyasa Flow 8PM-9PM Janice					
21:00				Sniipa					ounioo					
21:30														

Week of: 29 Septembe

	29/9 SUNDAY		30/9 MONDAY		1/10 TUESDAY		2/10 WEDNESDAY		3/10 THURSDAY		4/10 FRIDAY		5/10 SATURDAY	
	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio	Rm 5	Studio
08:00														
08:30														
09:00														
09:30														
10:00														
10:30														
11:00				Mar Maria										
11:30		Vinyasa Flow 11AM-12PM		Yin Yoga 11AM-12PM										
12:00		Yin Yoga 12.05PM-		Cheng										
12:30		1.05PM Hana												
13:00														
13:30														
14:00														
14:30														
15:00														
15:30														
16:00														
16:30														
17:00														
17:30														
18:00														
18:30														
19:00				Neck &										
19:30			Hatha Yoga 哈他瑜伽 7.30											
20:00														
20:30			Janice	Opening 8.05 PM- 9.05PM										
21:00				Shilpa										
21:30														