

Class Schedule - MARCH 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.30AM - 11.30AM					
12.30PM - 1.30PM	YOGA THERAPY *CHARMAINE	GENTLE (MANDARIN) *XIAO JING		(12PM - 1.15PM) YIN YOGA *BOON CHENG	VINYASA *XIAO JING (12.15PM - 1.15PM)
4.30PM - 5.30PM					
5.45PM - 6.45PM					
7PM - 8PM		HATHA *XIAO JING			ASANA & PRANAYAMA *BOON CHENG