

Class Schedule - APRIL 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.30AM - 11.30AM				
12.30PM - 1.30PM	YOGA THERAPY *CHARMAINE	GENTLE (MANDARIN) *XIAO JING		(12PM - 1.15PM) YIN YOGA *BOON CHENG
3.30PM - 4.45PM				
5.45PM - 6.45PM				
7PM - 8PM		(7PM - 8.15PM) YOGA-AEROBICS *XIAO JING	HATHA YOGA *BOON CHENG	

FRIDAY	SATURDAY
VINYASA *XIAO JING (12.15PM - 1.15PM)	
	YOGA-AEROBICS *XIAO JING
ASANA & PRANAYAMA *BOON CHENG	