

Class Schedule - JULY 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.30AM - 11.30AM						
12.30PM - 1.30PM		GENTLE YOGA *XIAO JING				
3.30PM - 4.45PM						YOGA AEROBICS *XIAO JING (ADVANCE BOOKINGS NEEDED)
5.45PM - 6.45PM						
7PM - 8PM	YOGA THERAPY *RAJA ADVANCE BOOKINGS NEEDED	YOGA AEROBICS (7PM - 8.15PM) *XIAO JING	CORPORATE CLASS *BOON CHENG NOT OPEN FOR BOOKINGS		ASANA & PRANAYAMA *BOON CHENG	

\* All members are advised to book their classes in advance before attending. Thank you.

\* Online booking can be done at <http://www.allaboutyoga.com.sg/bookings.html>