

Class Schedule January 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
6PM - 7PM		GENTLE YOGA (NEW!!!) *XIAO JING			YOGA SAHAJ *SHREE	YOGA FLOW 11AM - 12PM *XIAO JING
7PM - 8PM		YIN-YANG *XIAO JING	INTRODUCTION TO POWER YOGA *MITZI	HATHA YOGA (BEGINNERS) *ERIC	YOGA THERAPY (NEW!!!) *SHREE	
8PM - 9PM		BOLLYWOOD DANCE FOR BEGINNERS *FAHIZA	YOGA SAHAJ *SHREE	ZUMBA FITNESS (NEW!!!) MARISOL		
	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
6PM - 7PM		GENTLE YOGA (NEW!!!) *XIAO JING			YOGA SAHAJ *SHREE	YOGA FLOW 11AM - 12PM *XIAO JING
7PM - 8PM	YOGA - PILATES 6.45PM - 7.45PM *RENEE	YIN-YANG *XIAO JING	INTRODUCTION TO POWER YOGA *MITZI	HATHA YOGA (BEGINNERS) *ERIC	YOGA THERAPY (NEW!!!) *SHREE	
8PM - 9PM	KICK-BOXING *JOEY	BOLLYWOOD DANCE FOR BEGINNERS *FAHIZA	YOGA SAHAJ *SHREE	ZUMBA FITNESS (NEW!!!) MARISOL		
	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
7PM - 8PM	YOGA - PILATES 6.45PM - 7.45PM *RENEE	GENTLE YOGA (NEW!!!) *MITZI	INTRODUCTION TO POWER YOGA *MITZI	HATHA YOGA (BEGINNERS) *ERIC	YOGA SAHAJ *SHREE	MEMBERS' NOTE: INSTRUCTOR ON LEAVE NO CLASSES
8PM - 9PM	KICK-BOXING *JOEY	BOLLYWOOD DANCE FOR BEGINNERS *FAHIZA	YOGA SAHAJ *SHREE	ZUMBA FITNESS (NEW!!!) MARISOL		
	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
7PM - 8PM	ALL ABOUT YOGA WILL BE CLOSED FOR 1 WEEK FOR THE FESTIVE HOLIDAYS. ALL MEMBERSHIPS THAT ARE AFFECTED WILL BE AMENDED ACCORDINGLY. THE MANAGEMENT AND TEACHING TEAM OF ALL ABOUT YOGA WISHES ALL MEMBERS A PROSPEROUS CHINESE NEW YEAR.					
8PM - 9PM						
	30-Jan	31-Jan				
7PM - 8PM	ALL ABOUT YOGA WILL BE CLOSED FOR 1 WEEK FOR THE FESTIVE HOLIDAYS. ALL MEMBERSHIPS THAT ARE AFFECTED WILL BE AMENDED ACCORDINGLY. THE MANAGEMENT AND TEACHING TEAM OF ALL ABOUT YOGA WISHES ALL MEMBERS A PROSPEROUS CHINESE NEW YEAR.					
8PM - 9PM						

* 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>

* Class may be cancelled if minimum number of participant is not reached.

*** CANCELLATION OF CLASSES MUST BE MADE AT LEAST 4 HRS BEFORE COMMENCEMENT OF CLASS.**

* Instructor Adeline will be on leave from December 2011 to January 2012. Her classes will resume in February 2012.

*** NOTE TO MEMBERS : THE LAST CLASS FOR THIS MONTH WILL BE ON 20TH-JANUARY-2012. ALL CLASSES WILL RESUME ON 1ST FEBRUARY 2012.**