

**Manasa Yoga - Class Schedule (wef 1 March 2010)**

| STYLE            | LEVEL                | TIME   | STYLE/LEVEL          | TEACHER                         | STUDIO   |
|------------------|----------------------|--|----------------------|---------------------------------|----------|
| <b>MONDAY</b>    |                      |  |                      |                                 |          |
| FLOW             | Basic                | 8.30 - 9.30am  | Flow 1/2             | Yoke Lan                        | Studio 2 |
| <b>TUESDAY</b>   |                      |  |                      |                                 |          |
| FLOW             | Intermediate Level 2 | 9.30 -10.45am  | Flow                 | Manoj                           | Studio 2 |
| FLOW             | Intermediate Level 2 | 6.00 - 7.00pm  | Flow                 | Manoj                           | Studio 2 |
| FLOW             | Intermediate Level 1 | 7.10 - 8.10pm  | Flow                 | Manoj                           | Studio 2 |
| FLOW             | Basic                | 8.10 - 9.100pm   | Relax/Flow 1         | Sook Yee<br>(Mandarin /English) | Studio 2 |
| SWEAT            | Basic                | 7.00 - 8.00pm  | Sweat                | Julie (Mandarin)                | Studio 1 |
| <b>WEDNESDAY</b> |                      |  |                      |                                 |          |
| RELAX            | Basic                | 7.30 - 8.30am  | Relax/Flow 1         | Yoke Lan                        | Studio 2 |
| RELAX            | Intermediate Level 2 | 9.30 -10.45am  | Relax                | Manoj                           | Studio 2 |
| RELAX            | Intermediate Level 2 | 6.45 - 8.00pm  | Relax                | Manoj                           | Studio 2 |
| RELAX            | All levels           | 8.00pm onwards   | Meditation           |                                 | Studio 2 |
| RELAX            | Basic                | 6.00 - 7.00pm  | Relax                | Penny                           | Studio 1 |
| ASHTANGA         | Basic                | 7.10 - 8.10pm  | Ashtanga Vinyasa 1/2 | Rouxin                          | Studio 1 |
| <b>THURSDAY</b>  |                      |  |                      |                                 |          |
| ALIGNMENT        | Intermediate Level 2 | 9.30 -10.45am  | Alignment            | Manoj                           | Studio 1 |
| ALIGNMENT        | Intermediate Level 2 | 6.45 - 8.00pm  | Alignment            | Manoj                           | Studio 1 |
| ALIGNMENT        | Basic                | 8.10 - 9.10pm  | Alignment            | Manoj                           | Studio 1 |
| SWEAT            | Basic                | 6.00 - 7.00pm  | Sweat 1              | Penny                           | Studio 2 |
| FLOW             | Basic                | 7.10 - 8.10pm  | Flow 1/2             | Penny                           | Studio 2 |
| <b>FRIDAY</b>    |                      |  |                      |                                 |          |
| RELAX            | Basic                | 7.30 - 8.30am  | Relax/Flow 1         | Yoke Lan                        | Studio 2 |
| ASHTANGA         | Intermediate Level 2 | 9.30 -10.45am  | Ashtanga             | Manoj                           | Studio 2 |
| ASHTANGA         | Intermediate Level 2 | 6.45 - 8.00pm  | Ashtanga             | Manoj                           | Studio 2 |
| ASHTANGA         | Basic                | 8.10 - 9.10pm  | Ashtanga 1           | Sook Yee                        | Studio 2 |
| RELAX/SWEAT      | Basic                | 6.00 - 7.00pm  | Relax/Sweat 1        | Annie                           | Studio 1 |
| ASHTANGA         | Intermediate Level 1 | 7.10 - 8.10pm  | Ashtanga/Sweat       | Jean                            | Studio 1 |
| <b>SATURDAY</b>  |                      |  |                      |                                 |          |
| RELAX            | Basic                | 7.00 - 8.00am  | Relax 1/2            | Sandhya                         | Studio 2 |
| RELAX            | Basic                | 10.00 - 11.00am  | Relax 1/2            | Lily                            | Studio 2 |
| RELAX            | Intermediate Level 1 | 4.00 - 5.00pm  | Relax                | Susan                           | Studio 2 |
| RELAX            | Advance              | 5.10 - 6.40pm  | Relax                | Manoj                           | Studio 2 |
| <b>SUNDAY</b>    |                      |  |                      |                                 |          |
| ASHTANGA         | Intermediate Level 1 | 9.30 - 10.30am   | Ashtanga             | Manoj                           | Studio 2 |
| ASHTANGA         | Basic                | 11.00am - 12.00pm  | Ashtanga 1           | Julie                           | Studio 2 |
| RELAX            | Basic                | 5.00 - 6.00 pm   | Relax 1              | Kwan                            | Studio 2 |
| ASHTANGA         | Advance              | 8.00 - 9.30am*   | Ashtanga             | Manoj                           | Studio 1 |
| RELAX            |                      | <i>*Full Vinyasa class every last Sunday of the month begins at 7.30am</i> |                      |                                 |          |
|                  | Kids Yoga            | 9.45 - 10.45am   | Kids Yoga            | Sandhya                         | Studio 1 |