

# COMO SHAMBHALA

February 2010 Schedule    Ⓨ Yoga    Ⓟ Pilates    *All classes are 90 minutes except where indicated.*

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30	Ⓨ Iyengar Beginner Jay Ⓨ General Viv 120min	Ⓨ Beginner Viv Ⓨ Iyengar-General 2 Jay	Ⓨ Beginner Adeline Ⓨ General Viv	Ⓨ Beginner Ashley Ⓨ General Sarah	Ⓨ Iyengar Beginner Jay
10.00			Ⓨ Intro to Yoga Back Care 8 Week Course Sarah	Ⓟ Beginner Yumiko 75min	Ⓨ Ashtanga Led Denise
11.30	Ⓨ Pre-Natal Samantha 75min	Ⓨ Pre-Natal Ashley 75min		Ⓨ Pre-Natal Samantha 75min	
1.00	Ⓨ Beginner Samantha Ⓟ Body-Sculpt Yumiko 75min	Ⓨ Beginner Germin Ⓨ Yin-Yang Sarah	Ⓟ General Yumiko 75min Ⓨ Beginner Sarah	Ⓨ General Samantha Ⓨ Yin Mariko	Ⓨ Beginner Germin
4.00		Ⓨ Post-Natal Samantha 75min			
6.45	Ⓟ Body-Sculpt Yumiko 75min		Ⓟ Beginner Yumiko 75min	Ⓨ Pre-Natal Samantha 75min	
7.00	Ⓨ Beginner Viv Ⓨ Iyengar-General 2 Jay	Ⓨ General Samantha Ⓨ Beginner Kris	Ⓨ Beginner Adeline Ⓨ Yin Lynette	Ⓨ Iyengar Beginner Jay	Ⓨ Beginner Kris
8.15	Ⓨ Beginner Kris				

# Intro Courses: Advance booking is required. Drop-ins are not allowed. A minimum of 6 students is required for course commencement. Students without prior experience in Pilates must attend the 3-week Intro Course before joining regular classes.

Teachers on leave: Adeline: 3 Feb-12 Feb, Ashley: 16 Feb-18 Feb, Sarah: 2 Feb & 25 Feb, Samantha: 21 Feb, Jay 19 Feb - 2 Mar.

This schedule is accurate at time of printing and may be subject to changes without prior notice.

**Please check website for latest updates.**

We are opened half day on 13 Feb till 2.00pm.

We are closed on CNY 14 & 15 Feb and reopen on 16 Feb.

Website: [www.singapore.comoshambhala.bz](http://www.singapore.comoshambhala.bz)

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## Weekends

Saturday	
9.00	Ⓨ General Viv 120min
9.30	Ⓨ Iyengar Beginner Jay Ⓟ Beginner Yumiko 75min
11.00	Ⓟ General Yumiko 75min
11.30	Ⓨ Iyengar-General I Jay Ⓨ Beginner Viv
12.30	Ⓨ Pre-Natal Samantha 75min
2.30	Ⓟ Intro to Pilates (3-week course) Yumiko Ⓨ Intro to Yoga (4-week course)
4.00	Ⓨ General Maniam
Sunday	
9.30	Ⓨ Beginner Samantha
11.00	Ⓟ Beginner Yumiko 75min
11.30	Ⓨ Iyengar Beginner Jay
1.00	Ⓨ Restorative Adeline 75min
2.30	Ⓨ Beginner Maniam