

COMO SHAMBHALA

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

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

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Weekends

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