



Yoga Class Schedule

SUNDAY - 29 November

8:15 - 10:00am	General	Timothy Khoo
9:00 - 10:00am	Children (6 to 9 years)	Akiko Kamata 鎌田 有希子
10:30 - 12:00pm	Beginners	Timothy Khoo
11:00 - 12:30pm	Beginners	Erika Khoo Soon Hoe
12:45 - 2:15pm	General	Chow Tuck Keong
1:00 - 2:30pm	Beginners	Lena Teo

MONDAY - 30 November

7:30 - 9:00am	Beginners	Timothy Khoo
9:30 - 11:00am	Beginners	Erika Khoo Soon Hoe
10:15 - 11:45am	General	Jacqueline Ospovat
7:00 - 8:30pm	Beginners	Timothy Khoo
7:30 - 9:00pm	General	Erika Khoo Soon Hoe

TUESDAY - 1 December

9:30 - 11:00am	Beginners 初级 (EN / CH)	Erika Khoo Soon Hoe
10:30 - 12:00pm	Beginners	Audrey Goh
7:00 - 9:00pm	Intermediate	Mala Manap
7:15 - 8:45pm	Beginners	Erika Khoo Soon Hoe

WEDNESDAY - 2 December

7:00 - 9:30am	Group Practice	
9:00 - 10:30am	Beginners	Erika Khoo Soon Hoe
10:15 - 12:00pm	General	Timothy Khoo
7:15 - 8:45pm	Beginners	Timothy Khoo

THURSDAY - 3 December

Timing TBC	General	Erika Khoo Soon Hoe
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FRIDAY - 4 December

7:00 - 9:30am	Group Practice	
10:00 - 11:30am	General	Jacqueline Ospovat
12:30 - 2:00pm	General	Erika Khoo Soon Hoe

SATURDAY - 5 December

8:45 - 10:15am	Beginners	Akiko Kamata 鎌田 有希子
10:30 - 12:00pm	General	Jacqueline Ospovat
11:30 - 1:00pm	Beginners	Mala Manap
2:00 - 3:30pm	Beginners	Akiko Kamata 鎌田 有希子

SUNDAY - 6 December

8:15 - 10:00am	General	Akiko Kamata 鎌田 有希子
12:45 - 2:15pm	General	Chow Tuck Keong

MONDAY - 7 December

7:30 - 9:00am	Beginners	Akiko Kamata 鎌田 有希子
10:15 - 11:45am	General	Jacqueline Ospovat
7:15 - 8:45pm	Beginners	Akiko Kamata 鎌田 有希子

TUESDAY - 8 December

9:30 - 11:00am	Beginners 初级 (EN / CH)	Yap Meng Chuan 叶铭钊
7:00 - 9:00pm	Intermediate	Mala Manap
7:15 - 8:45pm	Beginners	Akiko Kamata 鎌田 有希子

WEDNESDAY - 9 December

7:00 - 9:30am Group Practice
 10:15 - 12:00pm General
 7:15 - 8:45pm Beginners

Akiko Kamata 鎌田 有希子
 Akiko Kamata 鎌田 有希子

THURSDAY - 10 December

Timing TBC General

Akiko Kamata 鎌田 有希子

FRIDAY - 11 December

7:00 - 9:30am Group Practice
 10:00 - 11:30am General

Jacqueline Ospovat

SATURDAY - 12 December

8:45 - 10:15am Beginners
 10:30 - 12:00pm General
 11:30 - 1:00pm Beginners
 2:00 - 3:30pm Beginners

Akiko Kamata 鎌田 有希子
 Jacqueline Ospovat
 Mala Manap
 Akiko Kamata 鎌田 有希子

SUNDAY - 13 December

8:15 - 10:00am General
 12:45 - 2:15pm General

Akiko Kamata 鎌田 有希子
 Chow Tuck Keong

MONDAY - 14 December

7:30 - 9:00am Beginners
 10:15 - 11:45am General
 7:15 - 8:45pm Beginners

Akiko Kamata 鎌田 有希子
 Jacqueline Ospovat
 Akiko Kamata 鎌田 有希子

TUESDAY - 15 December

9:30 - 11:00am Beginners 初级 (EN / CH)
 7:00 - 9:00pm Intermediate
 7:15 - 8:45pm Beginners

Yap Meng Chuan 叶铭钊
 Timothy Khoo
 Erika Khoo Soon Hoe

WEDNESDAY - 16 December

10:15 - 12:00pm General
 7:15 - 8:45pm Beginners

Timothy Khoo
 Timothy Khoo

THURSDAY - 17 December

7:15 - 9:15pm Intermediate
 7:30 - 8:45pm Beginners

Erika Khoo Soon Hoe
 Yeoh Su Unn

FRIDAY - 18 December

10:00 - 11:30am General
 12:30 - 2:00pm General
 4:00 - 5:15pm Restorative

Jacqueline Ospovat
 Yeoh Su Unn
 Yeoh Su Unn

SATURDAY - 19 December

8:45 - 10:15am Beginners
 10:30 - 12:00pm General
 12:30 - 2:00pm Beginners 初级 (CH)

Timothy Khoo
 Jacqueline Ospovat
 Yeoh Su Unn 杨素恩

SUNDAY - 20 December

8:15 - 10:00am General
 11:00 - 12:30pm Beginners
 12:30 - 2:00pm General

Timothy Khoo
 Erika Khoo Soon Hoe
 Chow Tuck Keong

MONDAY - 21 December

7:30 - 9:00am	Beginners	Timothy Khoo
9:30 - 11:00am	Beginners	Yeoh Su Unn
10:15 - 11:45am	General	Jacqueline Ospovat
7:00 - 8:30pm	Beginners	Timothy Khoo
7:30 - 9:00pm	General	Erika Khoo Soon Hoe

TUESDAY - 22 December

9:30 - 11:00am	Beginners 初级 (EN / CH)	Yap Meng Chuan 叶铭钊
10:30 - 12:00pm	Beginners	Erika Khoo Soon Hoe
7:00 - 9:00pm	Intermediate	Timothy Khoo
7:15 - 8:45pm	Beginners	Erika Khoo Soon Hoe

WEDNESDAY - 23 December

7:00 - 9:30am	Group Practice	
10:15 - 12:00pm	General	Timothy Khoo
7:15 - 8:45pm	Beginners	Timothy Khoo

THURSDAY - 24 December

CLOSED

FRIDAY - 25 December

10:30am - 12:30pm	Public Holiday Class	Erika Khoo Soon Hoe
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SATURDAY - 26 December

8:45 - 10:15am	Beginners	Erika Khoo Soon Hoe
10:30 - 12:00pm	General	Jacqueline Ospovat
2:00 - 3:30pm	Beginners 初级 (CH)	Yeoh Su Unn 杨素恩

SUNDAY - 27 December

8:15 - 10:00am	General	Erika Khoo Soon Hoe
11:00 - 12:30pm	Beginners	Erika Khoo Soon Hoe
12:45 - 2:15pm	General	Chow Tuck Keong

MONDAY - 28 December

7:30 - 9:00am	Beginners	Erika Khoo Soon Hoe
9:30 - 11:00am	Beginners	Yeoh Su Unn
10:15 - 11:45am	General	Jacqueline Ospovat
7:15 - 8:45pm	General	Erika Khoo Soon Hoe

TUESDAY - 29 December

10:30 - 12:00pm	Beginners	Erika Khoo Soon Hoe
7:15 - 8:45pm	General	Erika Khoo Soon Hoe

WEDNESDAY - 30 December

7:00 - 9:30am	Group Practice	
10:15 - 12:00pm	General	Erika Khoo Soon Hoe
7:15 - 8:45pm	Beginners	Erika Khoo Soon Hoe

THURSDAY - 31 December

CLOSED

FRIDAY - 1 January

8:00 - 9:30am	108 Sun Salutations	
10:00 - 11:30am	General	Jacqueline Ospovat
12:30 - 2:00pm	General	Yeoh Su Unn
4:00 - 5:15pm	Restorative	Yeoh Su Unn

SATURDAY - 2 January

8:45 - 10:15am	Beginners	Erika Khoo Soon Hoe
10:30 - 12:00pm	General	Jacqueline Ospovat
2:00 - 3:30pm	Beginners 初级 (CH)	Yeoh Su Unn 杨素恩

SUNDAY - 3 January

8:15 - 10:00am	General	Erika Khoo Soon Hoe
10:30 - 12:00pm	Beginners	Elain Lim
12:45 - 2:15pm	General	Chow Tuck Keong
1:00 - 2:30pm	Beginners	Lena Teo

To register for class please call 6442 2881 or email practice@oasisyoga.sg

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