

Desert Roses Yoga Dance

沙漠玫瑰舞蹈瑜伽 (Since 2009)

减脂塑形，逆转年龄，健康生活

Class Schedule

For reference only, actual schedule follows APP
(仅供参考，具体以APP为准)

Members: Book your class on our APP, 会员定课以APP 为准
New comers please book a free trial class from the link below
新朋友预约免费试课链接 www.dryogadance.com/book

牛车水教室 (Chinatown MRT) 22B Upper Cross Street 058334

周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday	周六 Saturday	周日 Sunday
9am Yoga 初级流 10-12am Yoga 高级拉伸	8-45am Yoga 瑜伽普拉提 10am Yoga 理疗瑜伽 11-11am Yoga 冥想	9am Yoga 能量流 10-12am Yoga 深度拉伸 11-45am belly fit 12-45pm belly fit	1-45pm Yoga 瑜伽普拉提 3PM Yoga 理疗瑜伽 4-55pm Yoga 初级流	8-45am Yoga 初级流 10am Yoga 理疗瑜伽 11-30 belly fit 12-30 belly fit 1-30pm Belly Choreo 1	9am Yoga 阴阳瑜伽 10-12am Yoga 初级流 12pm Chinese Jazz 中国风爵士 1-15pm belly fit 2-15pm Belly Choreo 1 3-15pm Belly Choreo 2	9-11am Yoga 初级流 10-30 am Yoga 高级拉伸 12pm Chinese Dance 中国舞基础
7pm Yoga 初级流 8-15pm Yoga 高级拉伸	7-12 Belly Fit 8-15 Belly Fit	9-45pm Yoga 理疗瑜伽 7pm Yoga 高级拉伸 8-15pm Yoga 初级流	7-12 Belly Fit 8-15pm Belly Choreo 1	7pm Yoga 初级流 8-15pm Yoga 高级拉伸		

芽笼教室 (Paya Lebar MRT) 706A Geylang Road 389621

周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday	周六 Saturday	周日 Sunday
9-11am Yoga 初级流 10-12am Yoga 高级拉伸	8-30am Yoga 高级拉伸 9-30am Yoga 能量流 10-45am Yoga 深度拉伸 12pm Belly Fit		8-30am Yoga 高级拉伸 9-30am Yoga 初级流 10-45am Yoga 深度拉伸 12pm Belly Fit	8-30am Yoga 初级流 9-30am Yoga 高级拉伸 10-45am Yoga 深度拉伸 12pm Belly Fit	9-11am Yoga 初级流 10-30am Yoga 高级拉伸	9am Yoga 初级流 10-15am Yoga 高级拉伸 11-45am Adult Ballet 1pm Belly Fit 2pm Belly Choreo 1 3pm Belly Choreo 2 4pm Yoga 初级流 5-7pm Yoga 高级拉伸
2-30pm Yoga 瑜伽普拉提 3-45 PM Yoga 理疗瑜伽 5pm Yoga 阴阳瑜伽 7pm Chinese Dance Basics 8-11pm Chinese Dance Choreo	1-15pm Belly Fit 2-15pm Belly Choreo 1 6pm Yoga 高级拉伸 7pm Yoga 初级流 8-15pm Yoga 高级拉伸	9am Yoga 初级流 4-15pm Yoga 高级拉伸 7pm Belly Fit 8-15pm Chinese Jazz 中国风爵士	1-15pm Belly Fit 2-15pm Belly Choreo 2 6pm Yoga 高级拉伸 7pm Yoga 初级流 8-15pm Yoga 高级拉伸	5-45pm Yoga 冥想 7pm Yoga 瑜伽普拉提 8-15pm Yoga 初级流		

课程类型 Class Type

Belly Fit	Belly Fit 燃脂肚皮舞	Belly Choreo	肚皮舞成品舞
Yoga	中文瑜伽课	Chinese Dance Basics	中国舞基础
Ballet	成人芭蕾形体	Chinese Dance Choreo	中国舞成品舞
Chinese Jazz	中国风爵士		

中文瑜伽课类型	Type of Yoga Class	难度 (Difficulty)	强度 (出汗指数)
冥想	Meditation	*	*
理疗瑜伽	Therapy Yoga	**	**
阴瑜伽	Yin Yoga	**	**
初级流	Basic Flow	***	***
柔韧拉伸	Flexibility & Stretch	****	****
深度拉伸	Deep Stretch	*****	*****
能量流	Energy Flow	*****	*****
瑜伽普拉提	Yogalates	***	***



Paya Lebar Branch

巴耶利峇分店

706A GEYLANG RD

Singapore 389621

3 minutes walk from Paya Lebar MRT Exit D

Upper Cross Branch

克罗士分店

22B Upper Cross Street

Singapore 058334

2 Minutes walk from Chinatown MRT Exit E

Desert Roses Yoga Dance
新加坡沙漠玫瑰舞蹈瑜伽
www.dryogadance.com