

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 能量流	8:45am Yoga 瑜伽拉伸	9am Yoga 能量流		8:45am Yoga 瑜伽拉伸	9am Yoga 瑜伽拉伸	9:15am Yoga 瑜伽拉伸
10:15am Yoga 瑜伽拉伸	10am Yoga 瑜伽拉伸	10:15am Yoga 瑜伽拉伸		10:15am Yoga 瑜伽拉伸	10:15am Yoga 瑜伽拉伸	10:30 am Yoga 瑜伽拉伸
	11:15am Yoga 瑜伽拉伸	11:45am Yoga 瑜伽拉伸		11:30 Yoga 瑜伽拉伸	10:55am Yoga 能量流	12pm Chinese Dance 中国舞基础
		12:45pm belly fit		1:30pm Belly Chores 1	1:30pm belly fit	
			1:45pm Yoga 阴瑜伽	1:45pm Yoga 瑜伽拉伸	1:15pm Belly Chores 1	
			4:15PM Yoga 瑜伽拉伸		1:15pm Belly Chores 2	
7pm Yoga 瑜伽拉伸	7:35 Belly Fit	5:45pm Yoga 瑜伽拉伸	7:15 Belly Fit	7pm Yoga 瑜伽拉伸		
8:15pm Yoga 瑜伽拉伸	8:25 Belly Fit	8:15pm Yoga 瑜伽拉伸	8:15pm Yoga 瑜伽拉伸	8:15pm Yoga 瑜伽拉伸		

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
9:15am Yoga 瑜伽拉伸	8:30am Yoga 瑜伽拉伸		8:30am Yoga 瑜伽拉伸	8:30am Yoga 瑜伽拉伸	9:15am Yoga 瑜伽拉伸	9am Yoga 瑜伽拉伸
10:30am Yoga 瑜伽拉伸	9:30am Yoga 能量流		9:30am Yoga 瑜伽拉伸	9:30am Yoga 瑜伽拉伸	10:30am Yoga 瑜伽拉伸	11:45am Adult Ballet
	10:45am Yoga 瑜伽拉伸		10:45am Yoga 瑜伽拉伸			12pm Belly Fit
7:45pm Yoga 瑜伽拉伸	12pm Belly Fit	9pm Yoga 瑜伽拉伸	12pm Belly Fit			12pm Belly Chores 1
1:45 PM Yoga 瑜伽拉伸	1:15pm Belly Fit	8:15pm Yoga 瑜伽拉伸	1:15pm Belly Fit			12pm Belly Chores 2
5pm Yoga 瑜伽拉伸	2:15 Belly Chores 1		2:15 Belly Chores 2			4pm Yoga 瑜伽拉伸
7pm Chinese Dance Basics	4pm Yoga 瑜伽拉伸	7pm Yoga 瑜伽拉伸	4pm Yoga 瑜伽拉伸	5:45pm Yoga 瑜伽拉伸		4pm Yoga 瑜伽拉伸
8:15pm Chinese Dance Chorus	7pm Yoga 瑜伽拉伸	7pm Belly Fit	7pm Yoga 瑜伽拉伸	7pm Yoga 瑜伽拉伸		7:15pm Yoga 瑜伽拉伸
	8:25pm Yoga 瑜伽拉伸	8:15pm Chinese Jazz 中国爵士舞	8:15pm Yoga 瑜伽拉伸	8:15pm Yoga 瑜伽拉伸		

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	成人芭蕾舞形体	Chinese Dance Chorus	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	***	***
瑜伽拉伸	Flexibility & Stretch	***	***
深度拉伸	Deep Stretch	****	****
能量流	Energy Flow	*****	*****



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