

Perfect Yoga Cheras (above Public Mutual)				www.perfectlinewellness.com			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30am	Hatha 1: Shirley Room 1	Hatha B: Shirley Room 1	Hatha B-1: Chia Room 1	Hatha 1: Chia Room 1			
9:15-10:15am						Hatha 1: Tracy Room 1	Hatha 1: Chia Room 1
9:30-10:30am						Hatha B-1: Jane Room 2	Hatha B-1: Ng Room 2
10:30-11:30am						Hatha B-1: Jane Room 1	Hatha B-1: Chia Room 1
12:00-1:00pm	Private class Room 2						
2:00-3:00pm			Private class Room 2		Private class Room 2		
5:30-6:30pm				Hatha B-1: Tracy Room 1			
5:45-6:45pm		Hatha B-1: Tracy Room 1		Hatha B-1: Hoo Room 2			
6:15-7:15pm	Hatha 1-Int: Chia Room 1	Hatha B-1: Hoo Room 2					
6:30-7:30pm			Hatha 1-Int: Chia Room 1	Hatha 1: Tracy Room 1			
6:30-7:30pm					Hatha B-1: CC Ng Room 2		
7:30-8:30pm	Hatha B-1: Chia Room 1	Props Yoga: Hoo Room 2					
7:30-8:30pm		Hatha B-1: Tracy Room 1					
7.45-8.45pm			Zumba: Jane See Room 2	Hatha B-1: Candice Room 1			
8:00-9:00pm			Hatha B-1: Chia Room 1		Hatha B-1: Chia Room 1		

Private class - call to inquire, (2pm - Hatha Int).

Class Description:

- Yoga core - strengthening spine & core muscle (all level)
- Hatha b: new to yoga
- Hatha b-1: basic level
- Hatha 1: 5 months & above
- Hatha 1-Int: 1 year & above
- Pilates: abdominal & spine (All level)
- Tone & Stretch: Body toning & stretching (mat, sport shoes required)
- Aerobic: Cardio exercise
- Zumba: dancing
- All: All level can participate

- Hatha Int: 2 years & above
- Props Yoga: Hatha 1 (using yoga wheel, chair, wall and block)
- Flow: 2 years & above

- * (TBC): To be confirm

8/3/2020