

PERFECT YOGA

Studio Cheras (Location: 42-5, 40-5 Jln 5/101C, Off Jln KasKas, 5th Mile Jln Cheras, 56100 Kuala Lumpur)

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30 am	Hatha 1-Shirley		Hatha B>1-Chia	Hatha 1-Chia	Zumba-Sharon		
9:00-10:00 am						Private class	
9:15-10:15 am						Hatha 1-Tracy	Hatha B>1-Chia
10:30-11:30 am						Hatha B>1-Tracy	Hatha B>1-Chia
11:15-12:15 am						*Hatha B>1	
12:00-1:00 pm	∞ Private class						
2:00-3:00 pm			∞ Private class		∞ Private class		
5:00-6:00 pm							
5:45-6:45 pm		Hatha B>1-Hoo					
6.15-7.15 pm	Hatha 1>ML-Yen	Power Yoga-Yen			Hatha 1>ML-Yen		
6.30-7.30 pm			Hatha 1>ML-Chia	Hatha B>1-Tracy			
6.45-7.45 pm	Zumba-Sharon			Zumba-Jeanny	Hatha 1-Chia		
7:00-8:00 pm		Yoga Wheel B-Hoo					
7:30-8:30 pm		Hatha B>1-Tracy	Zumba-Jane See	Hatha B>1-Tracy			
7:45-8:45 pm							
8:00-9:00 pm			Hatha B>1-Chia		Hatha B>1-Chia		

Eat at least 2-3 hours before class...Drink enough water before and after class to avoid dehydration.

***Hatha B>1 = Class to be confirmed (please register to book your space)**

∞ = Private class (please inquire)

Contact: 03-91300749, 012-682 2771

(We are closed on Public Holidays)

Latest update: 30/6/17

Hatha = general form of yoga where level depends on student's progression:-
(Hatha b>1 = Beginner, Hatha 1 = Basic, Hatha ML = Intermediate, Hatha 2 = Advanced)

Gentle Flow = postures link together in a slow continuous sequence.

Power yoga = intermediate to advanced

Cardio Ex = half aerobic & half toning exercise.

Zumba = aerobic in latin dance style.

