

## PERFECT YOGA

**Studio Cheras (Location: 42-5, 40-5 Jln 5/101C, Off Jln KasKas, 5<sup>th</sup> 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-Jane		
9:15-10:15 am						Hatha 1-Tracy	Hatha 1-Chia
9:30-10:30 am							Hatha B>1-Ng
10:30-11:30 am						Hatha B>1-Tracy	Hatha B>1-Chia
11:15-12:15 am							
12:00-1:00 pm	∞ Private class						
2:00-3:00 pm			∞ Private class		∞ Private class		
5:30-6:30 pm				Hatha B>1-Tracy			
5:45-6:45 pm		Hatha B>1-Tracy					
6.15-7.15 pm	Hatha 1>Int-Chia	Hatha 1-Hoo					
6.30-7.30 pm	Hatha B>1-Ng		Hatha 1>Int-Chia	Hatha B>1-Tracy	Hatha 1>Int-Chia		
6.45-7.45 pm				Zumba-Jeanny			
7:15-8:15 pm		Yoga Wheel B-Hoo					
7:30-8:30 pm	Hatha 1-Chia	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: 3/4/18

**Hatha Yoga** = general form of yoga where level depends on student's progression:-

(**Hatha b** = new to yoga, **Hatha b>1** = Basic, **Hatha 1** = Basic 5 months & above, **Hatha 1>Int** = 1 year & above, **Hatha Int** = 2 years & above, **Hatha 2** = Advanced, 3 years & above)

**Flow** = intermediate level of postures link together in continuous sequence(2 years & above).

**Yoga Wheel** = using 12" wheel to stretch back, chest, shoulder, abdomen & hip flexors.

**Power Yoga** = intermediate to advanced

**Yoga Core** = develop control & utilizing the stomach muscle (Basic to Mix Level)

**Props Yoga** = Hatha 1& above level using block, chair & rope



## Fitness

**Tone & Stretch** = body toning & stretching exercise.

**Zumba** = aerobic in Latin dance style.

**Pilates** = strengthening abdominal & spine

**Aerobic** = cardio exercise