

PERFECT YOGA

Studio Puchong (Location: 6-3, 4-3 above AM bank, Jalan Puteri 1/1, Bandar Puteri, Puchong, Selangor.)

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 am	Hatha 1-Chia		Pilates/Fitball-Carrie		Yoga Core-Tracy		
8:00-9:00 am	Yoga Core-Tracy(<i>F</i>)		Hatha B-Tracy(<i>F</i>)		Hatha B-Tracy(<i>F</i>)	Hatha Int>2-Chia	
8:30-9:30 am				Hatha Int-Hoo			Hatha 1-Tracy
	Flow-Chia	Hatha Int-Chia	Pilates/Fitball-Carrie	Zumba-Rozana	Props Yoga-Hoo	Hatha B>1-Ivy	
		Zumba-Annie		Yoga Core-Tracy			
9:00-10:00 am	Hatha 1-Tracy		Yoga Core-Tracy(<i>F</i>)		Cardio Ex-Gigi	Hatha B>1-Shirley	Hatha B>1-Jane
9:30-10:30 am		Hatha B>1-Theresa				Hatha B>1-Ivy	
				Hatha 1-Tracy(<i>F</i>)		Hatha 1>Int-Chia	
10:00-11:00 am							Hatha B>1-Tracy
10:30-11:30 am						Hatha 1-Shirley	Hatha B-Jane
5:30-6:30 pm	Hatha B>1-Ivy	Hatha 1-Vivian	Hatha 1-Shirley	Hatha B>1-Ivy	Hatha 1-Vivian		
6:00-7:00 pm							
6:15-7:15 pm					Hatha B>1-Shirley		
			Hatha B>1-Tracy		Hatha B-Tracy		
6:30-7:30 pm	Hatha Int-Hoo	Hatha Int-Chia	Hatha 1-Shirley(<i>F</i>)	Flow-Chia			
	Hatha 1-Ivy	Hatha B>1-Vivian		Hatha 1-Ivy(<i>F</i>)	Props Yoga-Hoo		
	Zumba-Rozana	Hatha B-Ng	Hatha B-Jane				
7:15-8:15 pm					Zumba-Vivian		
7:30-8:30 pm	Tone&Stretch-Tracy						
			Aerobic-Gigi	Aerobic-Gigi			
7:45-8:45 pm	Hatha B>1-Ng	Hatha B>1-Ng					
8:00-9:00 pm		Hatha Int-Chia		Hatha Int-Chia	Props Yoga-Hoo		
8:15-9:15 pm			Hatha 1-Ng				
8.30-9.30 pm	Hatha B>1-Jane		Hatha B>1-Jane	Hatha B>1-Ng(<i>F</i>)			

(*Hatha B or *Hatha B>1) = class to be confirmed (Please register to book your space)

Tel/Fax: 03-80602197

We are closed on Public Holidays

Latest update: 12/2/19

Empty stomach or eat at least 2-3 hours before class...Drink enough water before and after class to avoid dehydration.



Yoga

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.

Yoga Core = strengthening spine & core muscle (All Level)

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

Pilates/Fitball = strengthening abdominal & spine

Fitness (bring sport shoes & wear at studio)

Tone & Stretch = body toning & stretching exercise (yoga mat & sport shoes base should be clean).

Zumba = aerobic in Latin dance style (Sport shoes base should be clean).

Aerobic = cardio exercise (Sport shoes base should be clean).

(*F*) = Full