

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		Fitball/Pilates-Carrie		Hatha 1-Tracy		
8:00-9:00 am	Yoga Core-Tracy		Hatha B-Tracy			Hatha Int>2-Chia	
8:30-9:30 am	Flow-Chia	Hatha Int-Chia	Fitball/Pilates-Carrie	Zumba-Rozana	Props Yoga-Hoo	Hatha B>1-Ivy	
		Zumba-Annie		Hatha Int-Hoo			Hatha 1-Tracy
9:00-10:00 am	Hatha 1-Tracy	Yoga Wheel-Hoo	Yoga Core-Tracy		Cardio Ex-Gigi	(*Hatha B>1 Start from May)	Hatha B>1-Jane
9:30-10:30 am						Hatha B>1-Ivy	
		(*Hatha B>1 Start from May)		Hatha B>1-Tracy	Hatha B>1-Theresa	Hatha 1>Int-Chia	
10:00-11:00 am							Hatha B>1-Tracy
10:30-11:30 am						Hatha 1-Shirley	Hatha B-Jane
11:30-12:30pm							
5:30-6:30 pm	Hatha B>1-Ivy	Hatha 1-Vivian	Hatha 1-Shirley	Hatha B>1-Ivy	Hatha B>1-Vivian		
6:00-7:00 pm				Pilates-Carrie			
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	Flow-Chia			
	Hatha 1-Ivy	Hatha B>1-Vivian		Hatha B>1-Ivy	Props Yoga-Hoo		
	Zumba-Rozana	Hatha B-Ng	(*Hatha B Start from May)				
7:15-8:15 pm					Zumba-Vivian		
7:30-8:30 pm	Tone&Stretch-Tracy		Yoga Wheel-Hoo		Hatha B-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		
8:30-9:30 pm	Hatha B>1-Yin Yin		Hatha 1-Tracy	Hatha B>1-Ng	Belly Dance-Karyn		
			Hatha B>1-Yin Yin				

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

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

Tel/Fax: 03-80602197



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

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

Fitness

Tone & Stretch = body toning & stretching exercise.

Zumba = aerobic in Latin dance style.

Pilates = strengthening abdominal & spine

Aerobic = cardio exercise