

## 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-Yen		Fitball/Pilates-Carrie		Hatha 1-Yen		
8:00-9:00 am						Hatha Int>2-Chia	
8:30-9:30 am	Flow-Yen	Hatha Int-Chia	Fitball/Pilates-Carrie	Zumba-Rozana	Power Yoga-Yen	Hatha B>1-Hui Shan	
8:30-9:30 am				Hatha Int-Hoo			Hatha 1-Tracy
9:00-10:00 am	Hatha B>1-Tracy	Yoga Wheel-Hoo	Yoga Core-Tracy		Cardio Ex-Gigi		Hatha B>1-Jane
9:15-10:15 am						Hatha B>1-Ivy	
9:30-10:30 am				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	
11:30-12:30pm							*Hatha B>1
11:45-12:45pm						Hatha B>1-Shirley	
11:45-12:45pm							
5:30-6:30 pm	Hatha B>1-Ivy	Hatha B>1-Vivian	Hatha B>1-Shirley	Hatha B>1-Ivy	Hatha B>1-Vivian		
6:15-7:15 pm			Hatha B>1-Tracy		Hatha B>1-Shirley		
6:30-7:30 pm	Hatha Int-Hoo	Hatha Int-Chia	Hatha 1-Shirley	Flow-Chia			
6:30-7:30 pm	Hatha 1-Ivy	Hatha B>1-Vivian		Hatha B>1-Ivy	Hatha 1-Hoo		
7:15-8:15 pm					Zumba-Vivian		
7:30-8:30 pm			Yoga Wheel B>1 -Hoo				
7:30-8:30 pm			Body T&F-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	Hatha 1-Tracy		
8:30-9:30 pm	Hatha B>1-Yin Yin		Hatha 1>Int-Hoo	Hatha B>1-Ng	Belly Dance-Karyn		
8:30-9:30 pm			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>1) = class to be confirmed (Please register to book your space)

**Tel/Fax: 03-80602197**

**(We are closed on Public Holidays)**

Latest update: 22/11/17

### Yoga

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

(**Hatha b>1** = Beginner, **Hatha 1** = Basic, **Hatha 1>Int** = basic to intermediate, **Hatha Int** = Intermediate, **Hatha 2** = Advanced)



**Flow** = intermediate level of postures link together in continuous sequence.

**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)

#### Fitness

**Body T&F** = half aerobic & half toning exercise.

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