

(Above Onking Bandar Puteri Puchong 2)

Address : 1-2, Jalan Puteri 2/7, Bandar Puteri Puchong, 47100 Puchong, Selangor



Facebook : Perfect Yoga
Instagram : perfectyoga_puchong
Xiao Hong Shu : Perfect Yoga
www.perfectlinewellness.com

Morning Session

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am				Pilates * To be confirmed		Pilates : Adrian	Hatha 1 : Tracy / Hoo
8:00-9:00am						Hatha B-1 : Tracy	Hatha Basic : Sylvia
8:30-9:00am			Private Class				
9:00-10:00am	Props Yoga : Hoo			Cardio Exercise : Gigi			
9:00-10:00am	Hatha Basic : Chloe			Hatha Basic * To be confirmed			
9:15-10:00am				Private Class			Pilates : Chan Mai starting from 6/7/25
9:15-10:15am						Hatha Basic : Tracy	Hatha B -1 : Tracy
10:30-11:30am						Hatha Basic : Qian Qing	Hatha Basic : Ng
11:30-12:30pm							Hatha Basic : Ng

Evening Session

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30pm	Hatha 1 : Ivy	Pilates * To be confirmed	Hatha 1 : Vivian		Yogacore : Vivian	Private Class	
5:30-6:30pm	Hatha Basic : Aries	Hatha B-1 : Ivy	Pilates * To be confirmed	Hatha Basic : Kris			
6:30-7:30pm		Hatha 1 : Ivy	Props Yoga : Hoo	Hatha B - 1 : Hoo	Hatha 1 : Hoo		
6:45-7:45pm	Flow Yoga : Kris						
6:45-7:45pm	Zumba : Stacy	Props Yoga (Basic) : Hoo	Tone N Stretch : Vivian	Hatha Basic : Kris	Zumba : Vivian		
7:45-8:45pm		Cardio Exercise : Gigi		Zumba + Toning : Kelly			
8:00-9:00pm	Yogacore : Ng	Pilates * To be confirmed	Pilates * To be confirmed	Hatha Basic : Ng	Hatha B - 1 : Hoo		
8:00-9:00pm	Hatha B-1: Kris				Pilates : Tracy		

Class Level & Description:

Yoga Basic : (For those who are new in Yoga)
Hatha B- 1 : (Basic to all level members)
Hatha 1 : (At least one year above experience)
Yoga + Barre : All level members
* = To be confirmed (by booking)

We are closed on Selangor and National Public Holiday.

Yogacore : Strengthening spine & core muscle, suitable for all levels
Props Yoga : Hatha 1 (using yoga wheel, blocks, wall, chair and yoga strap)
Pilates : Strengthening abdominal and spine, suitable for all students
Yoga + Barre : Yoga on mat + barre to improve flexibility and alignment
Zumba, Zumba + Toning, Cardio exercise, Tone N Stretch : Improve body coordination & burn calories