

## Morning Session

Perfect Yoga Puchong (above AM bank)				www.perfectlinewellness.com			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00am	Hatha 1: Chia Room 1		Pilates/Fitball: Carrie Room 1		Yoga Core: Tracy Room 1		
7:15-8:15am		Hatha B-1: Ng Room 1		Hatha B-1: Ng Room 1			
7:30-8:30am	Hatha B: Ng Room 2		Hatha B: Ng Room 2				
8:00-9:00am	Yoga Core: Tracy Room 3 (All)		Hatha B-1: Tracy Room 3		Hatha B-1: Tracy Room 3	Hatha 1-Int: Chia Room 2	Hatha B: Jane Room 3
8:30-9:30am	Flow: Chia Room 1	Hatha Int: Chia Room 2	Pilates/Fitball: Carrie Room 1	Zumba: Rozana Room 1	Props Yoga: Hoo Room 2	Hatha B-1: Ivy Room 1	
8:30-9:30am		Zumba: Annie Room 1		Yoga Core: Tracy Room 3 (All)			Hatha 1: Tracy Room 1
8:30-9:30am				Hatha Int: Hoo Room 2			
9:00-10:00am	Hatha 1: Tracy Room 2		Yoga Core: Tracy Room 2 (All)		Cardio Ex: Gigi Room 1	Hatha B-1: Shirley Room 3	
9.15-10.15am							Hatha B-1: Jane Room 2
9:30-10:30am		Hatha B-1: Theresa Room 3		Hatha B-1: Tracy Room 3		Hatha B-1: Ivy Room 1	
9:30-10:30am						Hatha 1-Int: Chia Room 2	
9:45-10:45am					Yoga Wheel B: Hoo Room 2		
10:00-11:00am							Hatha 1: Tracy Room 1
10:30-11:30am						Hatha 1: Shirley Room 1	Hatha B: Jane Room 2

### *Class Description:*

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Yoga core - strengthening spine &amp; core muscle (all level)</li> <li>• Hatha b: new to yoga</li> <li>• Hatha b-1: basic level</li> <li>• Hatha 1: 5 months &amp; above</li> <li>• Hatha 1-Int: 1 year &amp; above</li> <li>• Hatha Int: 2 years &amp; above</li> <li>• Props Yoga: Hatha 1 (using rope, yoga wheel, chair, wall and block)</li> <li>• Flow: 2 years &amp; above</li> </ul> | <ul style="list-style-type: none"> <li>• Yoga Wheel B - backbend &amp; spine health (basic level)</li> <li>• Pilates: abdominal &amp; spine (All level)</li> <li>• Tone &amp; Stretch: Body toning &amp; stretching (mat, sport shoes required)</li> <li>• Aerobic: Cardio exercise</li> <li>• Zumba: dancing</li> <li>• All: All level can participate</li> <li>• * (TBC): To be confirm</li> </ul> |
|---|--|

**3/3/2020**

## Evening Session

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20-6:20pm		Hatha B: Ng Room 2		Hatha B: Ng Room 1			
5:30-6:30pm	Hatha 1: Ivy Room 1	Hatha 1: Vivian Room 1	Hatha 1: Shirley Room 2	Hatha 1: Ivy Room 2	Hatha 1: Vivian Room 2		
6:15-7:15pm			Hatha B-1: Tracy Room 1		Hatha 1: Shirley Room 1		
6:15-7:15pm			Hatha B: Jane Room 3		Hatha B: Tracy Room 3		
6:30-7:30pm	Hatha 1: Ivy Room 3	Hatha Int: Chia Room 3	Hatha 1: Shirley Room 2	Flow: Chia Room 3			
6:30-7:30pm	Hatha Int: Hoo Room 2	Hatha B-1: Vivian Room 1		Hatha 1: Ivy Room 2	Props Yoga: Hoo Room 2		
6:30-7:30pm	Zumba: Rozana Room 1	Hatha B: Ng Room 2		Hatha B-1: Ng Room 1			
7:15-8:15pm					Zumba: Vivian Room 1		
7.30-8.30pm	Tone&Stretch: Tracy Room 1		Aerobic: Gigi Room 1	Aerobic: Gigi Room 1	Yoga Core: Tracy Room 3		
7.30-8.30pm			Hatha B: Jane Room 3				
7.45-8.45pm		Cardio Ex: Vivian Room 1					
7:45-8:45pm	Hatha B-1: Ng Room 2	Hatha B-1: Ng Room 2					
8:00-9:00pm		Hatha Int: Chia Room 3		Hatha Int: Chia Room 3	Props Yoga: Hoo Room 2		
8.15-9.15pm			Hatha 1: Ng Room 2				
8:30-9:30pm	Hatha B-1: Jane Room 3		Hatha B-1: Jane Room 1	Hatha B-1: Ng Room 1			