

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-Cindy		Yin-Celine		
8:30-9:30 am	Hatha ML-Hoo	Flow-Tracy	Pilates-Cindy	Body T&F-Tracy	Yogalates-Celine	Hatha 2-Chia	
8:30-9:30 am				Hatha ML-Hoo		Hatha ML-Hoo	Gentle Flow-Celine
9:00-10:00 am			APMB-Hoo		Hatha 1-Tracy		
9:30-10:30 am	Body T&F-Tracy	Hatha b>1-Chia		*Hatha Basic	Hatha b>1-Chia		
10:00-11:00 am						Hatha basic-Siew Wai	Hatha b>1-Celine
10:00-11:00 am						Hatha 1-Chia	
11:15-12:15pm						*AerobicKB	
2:00-3:00 pm		*2:30pm HathaBasic		*2:30pm HathaBasic		Hatha 1-Chia	
2:00-3:00 pm						Kids Yoga-Siew Wai	
						*Hatha Basic	
6:00-7:00 pm			Hatha b>1-Michelle				
6:15-7:15 pm	Hatha b>1-Vivien		Hatha b>1 -Shirley	Flow-Chia	Hatha b>1-Shirley		
6:30-7:30 pm	Hatha ML-Tracy	Hatha ML>2-Chia					
6:30-7:30 pm		Hatha b>1-Hoo		Hatha b>1-Michelle	Hatha b>1-Tracy		
7:00-8:00 pm			Hatha b>1-Michelle				
7:15-8:15 pm	Slow Flow-Hoo		Body T&F-Natasa	AerobicKB-Sahil	Body T&F-Christy		
7:45-8:45 pm	Hatha b>1-Tracy	Hatha b>1-Hoo		Hatha 1-Michelle			
8:15-9:15 pm		Hatha 1>ML-Chia	*Pilates-Celine	Hatha 1>ML-Chia	Hatha b>1-Tracy		
8:30-9:30 pm			Hatha Basic-Tracy		Belly dance-Bee Yen		

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

* - class to be confirmed (Please register to book your space)



Latest update: 24/04/12