



## Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am ~ 8.45am					<b>Hatha Mysore</b> All Levels <i>Angeline</i>	<b>Morning Flow</b> All Levels <i>Angeline</i>	<b>Morning Flow</b> All Levels <i>Raymond</i> <b>8am-9am</b>
9.15am ~ 10.15am	<b>Basic Yoga</b> <i>Siew Mei</i>	<b>Morning Flow</b> All Levels <i>Raymond</i>	<b>Yogalates</b> All Levels <i>Lily</i>	<b>Pilates (Band &amp; Ball)</b> Level 1.5 <i>Raymond</i>	<b>Basic Yoga</b> <i>Angeline</i>	<b>Yogalates</b> All Levels <i>Lily</i>	<b>Pilates (Band &amp; Ball)</b> Level 1.5 <i>Raymond</i>
9.15am ~ 10.15am						<b>Prenatal Yoga</b> <i>Angeline</i>	<b>Basic Yoga</b> <i>Evelyn</i>
10.30am ~ 11.30am	<b>Hatha Yoga</b> All Levels <i>Siew Mei</i>	<b>Basic Yoga</b> <i>Raymond</i>	<b>Hatha Yoga</b> All Levels <i>Lily</i>	<b>Basic Yoga</b> <i>Raymond</i>		<b>Prenatal Fitball</b> <i>Kelly Ng</i>	<b>Prenatal Yoga</b> <i>Evelyn</i>
10.30am ~ 11.30am						<b>Sound Bath &amp; Yin Yoga</b> All Levels <i>Edison</i>	
6.45pm ~ 7.45pm	<b>Pilates (Studio Props)</b> Level 1.5 <i>Carina</i>	<b>Basic Yoga</b> <i>Kelly Ng</i>	<b>Yin Yoga</b> All Levels <i>Raymond</i>	<b>Basic Yoga</b> <i>Angeline</i>		<b>Tweens Yoga</b> <i>Kelly Fong</i> <b>*refer below</b>	
6.45pm ~ 7.45pm	<b>Prenatal Yoga</b> <i>Angeline</i>		<b>Prenatal Fitball</b> <i>Carina</i>				
8.00pm ~ 9.00pm	<b>Yin Yoga</b> All Levels <i>Angeline</i>	<b>Hatha Yoga</b> All Levels <i>Edison</i>	<b>Pilates (Studio Props)</b> Level 1.5 <i>Raymond</i>	<b>Vinyasa Flow</b> Level 1.5 <i>Angeline</i>			

1. For class descriptions, please visit [www.pranayogaki.com](http://www.pranayogaki.com)
2. Schedule changes may take place during Public Holidays, please check our facebook page / website for announcement.
3. Please book your class with Glofox App.
4. \*Tween Yoga (9 -13 y.o) : please contact Teacher Kelly directly at 019-2959766 for enquiries of term dates and registration.