



Class Schedule

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

1. For class descriptions, please visit 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.