



Class Schedule (Oct - Dec 2018)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am ~ 10.00am	Pilates Level 1.5 <i>Lily</i>	Flow Level 2 <i>Raymond</i>	Fitball Level 1.5 <i>Lily</i>	Alignment Yoga Level 2 <i>Raymond</i>	Basic Level 1 <i>Angeline</i>	Yogalates Level 1.5 <i>Lily</i>	Basic Level 1 <i>Evelyn</i>
10.30am ~ 11.30am	Basic Level 1 <i>Edison</i>	Basic Level 1 <i>Edison</i>	Hatha Level 1.5 <i>Siew Mei</i>	Basic Level 1 <i>Raymond</i>	Hatha Mysore Level 1.5 <i>Angeline</i>	* Kids Yoga <i>Kelly</i> 9am - 10am	Prenatal Yoga <i>Evelyn</i>
6.30pm ~ 7.30pm	Prenatal Yoga <i>Angeline</i>	Pregnancy Fitball <i>Carina</i>	Prenatal Yoga <i>Vivian</i>	Hatha Mysore Level 1.5 <i>Angeline</i> 6.15pm-7.15pm		*Tweens Yoga <i>Kelly</i> 10.30am - 11.30am	
6.45pm ~ 7.45pm	Pilates Level 1.5 <i>Carina</i>	Basic Level 1 <i>Raymond</i>	Yin Level 1 <i>Raymond</i>	Basic Level 1 <i>Evelyn</i>		Prenatal Yoga <i>Angeline</i> 10.30am-11.30am	
7.30pm ~ 8.30pm			Pilates Level 1.5 <i>Raymond</i> 8pm - 9pm	Flow Level 2 <i>Angeline</i>			
8.00pm ~ 9.00pm	Yin Level 1 <i>Angeline</i>	Basic Level 1 <i>Raymond</i>	Flow Level 2 <i>Siew Mei</i>	Basic Level 1 <i>Evelyn</i>			

- Level 1 : Moderate - Level 1.5 : Dynamic - Level 2 : Challenging.
- For class descriptions, please visit www.pranayogaki.com
- For newbies, please register online at our homepage before your first class.
- We do not practice booking system, mat place on 'first come first serve' basis.
- Prenatal Yoga suitable for those who are 13-week pregnant and onwards.
- Schedule changes may take place during Public Holidays, please check our facebook page / website for announcement.

Fee Structure 2018 (Payment in Cash Only)

Yoga Class Package (Valid for ONE month)

12-class	RM 250 (RM 20.80 /class)
8-class	RM 200 (RM 25 /class)
4-class	RM 140 (RM 35 /class)
Drop-in	RM 50 /class

Prenatal Yoga Package (Valid for TWO months)

8-class	RM 280 (RM 35 /class)
Drop-in	RM 50 /class

Senior Citizen Package (Valid for ONE month)

From 60 years old and above :

12-class	RM 200 (RM 16.70 /class)
8-class	RM 160 (RM 20 /class)

*Kids Yoga (from age 4 - 8 y.o)

*Tweens Yoga (from age 9 - 13 y.o)

Term 5 : 6 Oct - 24 Nov (exclude 3 Nov)

Rate : Per Term (7 sessions) -RM 210 (no replacement)

*Please pre-register!

*Admin fee of RM10 is applicable for balance of classes on an expired package to be carried forward to a new package purchased (provided the expired package is no more than 2 months lapse).