



Class Schedule (Jan - March 2019)

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>	Hatha Mysore Level 1.5 <i>Angeline</i> 7.30am - 8.30am	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>	Basic Level 1 <i>Angeline</i> 9am - 10am	* 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 2019 (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 1 : 12 Jan - 9 March (exclude 2 & 9 Feb)

Term 2 : 6 March - 4 May (exclude 30 March)

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).**