



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am ~ 8.45am					Hatha Mysore Level 1.5 <i>Angeline</i>	Morning Flow Level 1.5 <i>Angeline</i>	Morning Flow Level 1.5 <i>Raymond</i> 8am-9am
9.15am ~ 10.15am	Basic Yoga <i>Siew Mei</i>	Morning Flow Level 1.5 <i>Raymond</i>	Yogalates Level 1.5 <i>Lily</i>	Pilates (Band & Ball) Level 1.5 <i>Raymond</i>	Tone, Sculpt & Strengthen 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>	
10.30am ~ 11.30am	Hatha Yoga Level 1.5 <i>Siew Mei</i>	Basic Yoga <i>Raymond</i>	Pilates 101 Beginners <i>Lily</i>	Basic Yoga <i>Raymond</i>		Basic Yoga <i>Kelly</i>	Yin Yoga & Sound Bath All Levels <i>Edison</i> 3pm - 4pm
6.45pm ~ 7.45pm	Pilates (Studio Props) Level 1.5 <i>Carina</i>		Yin Yoga All Levels <i>Raymond</i>	Basic Yoga <i>Angeline</i>			Sound Bath Immersion All Levels <i>Edison</i> 4.15pm - 5.15pm
6.45pm ~ 7.45pm	Prenatal Yoga <i>Angeline</i>						
8.00pm ~ 9.00pm	Yin Yoga All Levels <i>Angeline</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 and book your spot before showing up for class.
2. Schedule changes may take place during Public Holidays, please check our facebook page (@Prana Yoga KL) for announcement.
3. For Pilates Class, please bring along a light resistance band and mini ball. You may purchase one from us.
4. For Kids & Tween Yoga, please contact Teacher Kelly directly at 019-2959766 for enquiries of schedule, term dates and registration.