



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>	Pilates 101 All Levels <i>Lily</i>	Basic Yoga <i>Raymond</i>		Sound Bath & Yin Yoga All Levels <i>Edison</i>	Prenatal Yoga <i>Evelyn</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>		Sound Bath Immersion All Levels <i>Edison</i> 11.45am - 12.45pm	
6.45pm ~ 7.45pm	Prenatal Yoga <i>Angeline</i>					Kids & Tweens Yoga <i>Kelly Fong</i> *refer below	
8.00pm ~ 9.00pm	Yin Yoga All Levels <i>Angeline</i>	Hatha Yoga & Sound Bath All Levels <i>Edison</i>	Pilates (Studio Props) Level 1.5 <i>Raymond</i>	Vinyasa Flow Level 1.5 <i>Angeline</i>			
8.00pm ~ 9.00pm	Basic Yoga <i>Kelly Ng</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. *Kids & Tween Yoga : please contact Teacher Kelly directly at 019-2959766 for enquiries of schedule, term dates and registration.