



## Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am ~ 8.45am					<b>Hatha Mysore</b> Level 1.5 <i>Angeline</i> <b>7.30am-8.45am</b>	<b>Morning Flow</b> Level 1.5 <i>Angeline</i>	<b>Morning Flow</b> Level 1.5 <i>Raymond</i> <b>8am-9am</b>
9.15am ~ 10.15am	<b>Basic Yoga</b> <i>Siew Mei</i>	<b>Morning Flow</b> Level 1.5 <i>Raymond</i>	<b>Yogalates</b> Level 1.5 <i>Lily</i>	<b>Mat Pilates</b> Level 1.5 <i>Raymond</i>	<b>Tone, Sculpt &amp; Strengthen</b> Level 1.5 <i>Angeline</i>	<b>Yogalates</b> All Levels <i>Lily</i>	<b>Mat Pilates</b> Level 1.5 <i>Raymond</i>
9.15am ~ 10.15am						<b>Prenatal Yoga &amp; Active Birth</b> <i>Angeline</i>	<b>Prenatal Yoga &amp; Active Birth</b> <i>Kelly</i>
10.30am ~ 11.30am	<b>Hatha Yoga</b> Level 1.5 <i>Siew Mei</i>	<b>Basic Yoga</b> <i>Raymond</i>	<b>Pilates 101</b> Beginners <i>Lily</i>	<b>Basic Yoga</b> <i>Raymond</i>		<b>Basic Yoga</b> <i>Kelly</i>	<b>Yin Yoga &amp; Sound Bath</b> All Levels <i>Edison</i> <b>10.45am - 11.45am</b>
6.45pm ~ 7.45pm	<b>Mat Pilates</b> Level 1.5 <i>Carina</i>		<b>Yin Yoga</b> All Levels <i>Raymond</i>	<b>Basic Yoga</b> <i>Angeline</i>			<b>Sound Bath Immersion</b> All Levels <i>Edison</i> <b>12pm - 1pm</b>
6.45pm ~ 7.45pm	<b>Prenatal Yoga &amp; Active Birth</b> <i>Angeline</i>						
8.00pm ~ 9.00pm	<b>Yin Yoga</b> All Levels <i>Angeline</i>		<b>Mat Pilates</b> Level 1.5 <i>Raymond</i>				

1. For class descriptions, please visit [www.pranayogaki.com](http://www.pranayogaki.com) and book your spot on GloFox 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 the mini ball from us.
4. Prevailing studio SOP's apply.