



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am ~ 8.45am					Hatha Mysore Level 1.5 <i>Angeline</i> 7.30am-8.45am	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>	Mat Pilates Level 1.5 <i>Raymond</i>	Tone, Sculpt & Strengthen Level 1.5 <i>Angeline</i>	Yogalates Level 1.5 <i>Lily</i>	Mat Pilates Level 1.5 <i>Raymond</i>
9.15am ~ 10.15am						Prenatal Yoga & Active Birth <i>Angeline</i>	Prenatal Yoga & Active Birth <i>Kelly</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>	Basic Yoga <i>Edison</i>
6.45pm ~ 7.45pm	Mat Pilates Level 1.5 <i>Kelly</i>		Yin Yoga All Levels <i>Raymond</i>	Basic Yoga <i>Angeline</i>			
6.45pm ~ 7.45pm	Prenatal Yoga & Active Birth <i>Angeline</i>						
8.00pm ~ 9.00pm	Yin Yoga & Myofacial Release All Levels <i>Angeline</i>		Mat Pilates Level 1.5 <i>Raymond</i>				

1. For class descriptions, please visit 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. Please BYO yoga mat & strap to class, and a bottle of water to stay hydrated.
5. Prevailing studio SOP's apply.