

SCHEDULE OF DECEMBER 2018 (CHERAS)

MONDAY					
08.00am	08.45am	10.00am	10.15am	11.15am	11.45am
Yogilates (I) (75mins) Ken	Kinetic Flow (E) Wilfred	*Props Fit (E)* Dennis	Abxercise (E) Wilfred	Aroma Yoga (E) Dennis	Gentle Flow (I) Keane
06.00pm	06.15pm	06.30pm	07.15pm	07.30pm (75mins)	08.45pm
Hatha (E-I) Au Yong	Hatha Flow (E) Matthew	Tabata CK	Basic Yoga (E) Au Yong	Movement & Breath (I-A) Matthew	Hot Pilates (E) Joanne

TUESDAY					
08.00am	09.15am (75mins)	09.30am	10.15am	10.45am	11.30am
Hatha Aligment (E) Belinda	Hatha Aligment(I-A) Belinda	Hot Stretch (E) Xenia	Zumba Xanthus	Vinyasa Flow (E-I) Xenia	ZumbaChata Tony
01.00pm	06.00pm	06.15pm *TR*	06.30pm	07.35pm *TR*	08.00pm
Restorative Yoga(E) Vivian	*Props Fit (E)* Dennis	Hot Flow (I) Feris	Pilates (E) Ethan	Zumba Taffy	Active Fascia (E-I) Ethan

WEDNESDAY					
08.00am	08.30am	09.15am (75mins)	09.30am	10.45am	10.45am
Hatha (E) Jenny	Flow (E-I) Matthew	Hatha Flow (I-A) Jenny	Active Fascia (E-I) Ethan	Aero Para Jeff	Pilates (E) Ethan
11.45am	06.15pm *TR*	06.30pm	07.15pm *TR*	07.30pm	08.45pm
Hatha (E) Matthew	Barre Sculpt Jay	Hot Flow (I) Jazamine	Hatha (E-I) Jay	Bootcamp CK	Hatha Flow (E) Jennifer

THURSDAY					
08.00am	08.30am	09.15am	09.30am	10.30am	10.45am
Basic Yoga (E) Au Yong	Vinyasa (I) Eric	Hatha (E-I) Au Yong	Body Conditioning Denisa	Kinetic Flow (E-I) Dennis	Fitball (E) Denisa
06.00pm	06.15pm	06.30pm	07.30pm	07.45pm	08.45pm
ACT Pilates (E) Tony	Vinyasa Flow (I) Eric	Hatha (E) Jenny	Hatha (E) Eric	Hatha (I-A) (75mins) Jenny	Gentle Flow (E-I) Courtney

FRIDAY					
08.00am	09.15am	10.00am	10.30am (75mins)	10.30am (90mins)	11.15am
Gentle Flow (I) Raiy	Zumba Raiy	Props Fit (E) Dennis	Pilates (I-A) Ken	Movement & Breath (A) Matthew	Chair Yoga (E) Dennis
12.30pm	06.00pm	06.15pm (75mins)	07.00pm	07.15pm	08.10pm
Hatha (E) Matthew	Fitball (I) Ti Mei	Hatha Flow (I-A) Jenny	Kick Boxing Bobby	Gentle Flow (E) Ti Mei	Tabata CK

SATURDAY					
09.00am	09.45am	10.15am	10.45am	11.00am	12.00pm
Props Fit (E) Dennis	*Body Sculpt* Rykiel	Aromatic Yoga (E) Dennis	Pilates (E) Tony	Belly Dance Rykiel	ZumbaChata Tony
02.00pm	03.15pm				
Hatha (E) Eric	Gentle Flow (I) Eric				

SUNDAY					
09.00am	09.30am *TR*	10.15am (75mins)	10.45am *TR*	11.30am	01.00pm
Kinetic Flow (E) Darren	*Roll Out* CK	In Motion Flow (I-A) Darren	Pilates (E) Joanne	Zumba Kristin	Aero Para Jeff
02.00pm					
Vinyasa (E) Donald					

Elementary : E
Intermediate : I
Advance : A

***TR* : Temporary Replace**
***Roll Out* on Sunday : Limit 18pax only**
***Props Fit (E)* : Limit 20pax only**
***Body Sculpt* on Saturday : Limit 23pax only**

* There is no provision of towel services at Cheras & Damas outlet, you are required to bring your own.
 * The management reserves the right to make changes to the classes and instructors without prior notice.



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