

SCHEDULE OF 15TH OCTOBER 2020 - 31ST OCTOBER 2020 (CHERAS)

| MONDAY | | | | | |
|--|--|--|--|---|--------------------------------|
| 08.00am Yogilates (I) Ken | 09.30am *TR* Ritmo Dance Kiki | 10.30am Gentle Flow (I) Keane | 11.00am Chair Yoga (E) Dennis | 06.00pm Hatha (E-I) Mr.Gan | 06.30pm Tabata CK |
| 07.30pm Basic Yoga (E) Mr.Gan | 08.00pm *TR* Gentle Flow (E) Courtney | | | | |

| TUESDAY | | | | | |
|--|---|---|---|--|---------------------------------------|
| 08.00am Hatha Alignment (E) Belinda | 09.15am *TC* Hatha Alignment (I-A) Belinda | 10.15am *TR* Ritmo Dance Kiki | 11.00am Vinyasa Flow (E-I) Tai | 12.30pm Restorative Yoga (E) Vivian | 06.00pm YoFit (E) Dennis |
| 06.30pm Pilates (E) Ethan | 07.30pm *TR* Zumba Alex Chin | 07.45pm Unwind Pilates (E-I) Ethan | | | |

| WEDNESDAY | | | | | |
|--------------------------------------|---|---|---|-------------------------------------|---|
| 08.00am Hatha (E) Jenny | 09.15am Pilates (E) Ethan | 09.45am Hatha Flow (I-A) Jenny | 10.45am Active Rehab (E) Ethan | 11.00am Aero Para Jeff | 06.00pm Functional Yoga (E) Darren |
| 06.30pm Flow (I) Feris | 07.30pm Energy Flow (E-I) Darren | 08.00pm Metafit CK | | | |

| THURSDAY | | | | | |
|---------------------------------------|--|--|---|--|---|
| 08.00am Hatha (E-I) Eric | 08.30am mYstretch (E) Xenia | 09.30am Tabata CK | 10.00am *TR* Hatha (E-I) Dennis Ng | 11.30am Aroma Yoga (E) Dennis | 06.00pm ACT Pilates (E) Tony |
| 06.30pm Hatha (E) Jenny | 07.30pm Hatha (E) Eric | 08.00pm Hatha (I-A) Jenny | | | |

| FRIDAY | | | | | |
|---|--|--|---|--|---|
| 08.00am Gentle Flow (E-I) Xenia | 09.30am Zumba Hui Ying | 10.30am Movement & Breath (I-A) Matthew | 11.00am Vinyasa Flow (E) Dennis Ng | 12.30pm Hatha (E) Matthew | 06.00pm Basic Yoga (E) Au Yong |
| 06.45pm Vinyasa Flow (I-A) Jenny | 07.30pm Strong By Zumba Bobby | | | | |

| SATURDAY | | | | | |
|--|---------------------------------------|-----------------------------------|---|----------------------------------|-------------------------------------|
| 09.00am Motion Flow (E) Dennis Ng | 09.30am Pilates (E) Tony | 10.30am Metafit Suki | 11.00am Simple Core Flow (E) Dennis Ng | 12.00pm Zumba Taffy | 02.00pm Hatha (E) Eric |

| SUNDAY | | | | | |
|---|-------------------------------------|---|---|---|-------------------------------------|
| 09.00am Functional Yoga (E) Darren | 09.30am Body Toning CK | 10.30am Energy Flow (I) Darren | 11.30am *TC* Hatha (E-I) Tai | 01.00pm Vinyasa (E) Donald | 03.00pm Aero Para Jeff |

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| Elementary : E |
| Intermediate : I |
| Advance : A |

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| *TR* : Temporary Replace |
| *TC* : Time Change |

* 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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