



## SCHEDULE OF MARCH 2020 (CHERAS)

MONDAY						
08.00am Yogilates (I) (75mins) Ken	08.45am Kinetic Flow (E) Wilfred	10.00am *Props Fit (E)* Dennis	10.15am Abxercise (E) Wilfred	11.15am Aroma Yoga (E) Dennis	11.45am Gentle Flow (I) Keane	06.00pm Hatha (E-I) Mr Gan
06.15pm Hatha Flow (E) Matthew	06.30pm Tabata CK	07.15pm Basic Yoga (E) Mr Gan	07.30pm (75mins) Movement & Breath (I-A) Matthew	08.45pm Hot Pilates (E) Joanne		
TUESDAY						
08.00am Hatha Aligment (E) Belinda	09.15am (75mins) Hatha Aligment(I-A) Belinda	09.30am Hot Stretch (E) Xenia	10.15am Zumba Xanthus	10.45am Vinyasa Flow (E-I) Xenia	11.30am Aero Para Jeff	01.00pm Restorative Yoga(E) Vivian
06.00pm *Props Fit (E)* Dennis	06.15pm Hot Flow (I) Feris	06.30pm Pilates (E) Ethan	07.15pm Aromatic Yoga (E) Dennis	07.35pm Zumba Taffy	08.00pm Active Fascia (E-I)	
WEDNESDAY						
08.00am Hatha (E) Jenny	08.30am Flow (E-I) Matthew	09.15am (75mins) Hatha Flow (I-A) Jenny	09.30am Active Fascia (E-I)	10.45am Aero Para Jeff	10.45am Pilates (E) Ethan	11.45am Hatha (E) Matthew
06.15pm Hatha (E-I) Darren	06.30pm Vinyasa (E) Tai	07.15pm Dynamic (I) (75mins) Darren	07.30pm Bootcamp CK	08.45pm Hatha Flow (E) Jennifer		
THURSDAY						
08.00am Basic Yoga (E) Au Yong	08.30am Vinyasa (I) Eric	09.15am Hatha (E-I) Au Yong	09.30am Tabata CK	10.00am Props Yoga (E) Dennis	11.15am Aromatic Yoga (E) Dennis	06.00pm ACT Pilates (E) Tony
06.15pm Vinyasa Flow (I) Eric	06.30pm Hatha (E) Jenny	07.30pm Hatha (E) Eric	07.45pm Hatha (I-A) (75mins) Jenny	08.45pm Gentle Flow (E-I) Courtney		
FRIDAY						
08.00am *TR*	09.15am Zumba Hui Ying	10.00am *CC*	10.30am Vinyasa Flow (E) Dennis Ng	10.30am (90mins) Movement & Breath (A) Matthew	11.15am *CC*	12.30pm Hatha (E) Matthew
06.00pm Hatha (E-I) Au Yong	06.15pm (75mins) Hatha Flow (I-A) Jenny	07.00pm Strong by Zumba Bobby	07.15pm Basic Yoga (E) Au Yong	08.10pm Tabata CK	Dynamic Yoga (E) Charis	
SATURDAY						
09.00am Motion Flow (E) Dennis Ng	10.00am Metafit Suki	10.15am Simple Core Flow (E) Dennis Ng	10.45am Pilates (E) Tony	11.00am Zumba Taffy	12.00pm ZumbaChata Tony	02.00pm Hatha (E) Eric
03.15pm Gentle Flow (I) Eric						
SUNDAY						
09.00am Kinetic Flow (E) Darren	09.30am Pilates (I) Audrey (Fern)	10.15am (75mins) In Motion Flow (I-A) Darren	10.45am Pilates (E) Audrey (Fern)	11.30am *CC*	01.30pm Vinyasa (E) Donald	02.45pm Aero Para Jeff
				11.30am Zumba Meng Meng		

Elementary : E  
Intermediate : I  
Advance : A

\*TR\* : Temporary Replace  
\*CC\* : Class Change  
\*Props Fit (E)\* : Limit 20pax 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.



Address: Lot 191-4, 4th Floor, Wisma CKE, Jalan Lancang off Jalan Cheras, 56100 Kuala Lumpur, Malaysia.  
Contact Number: 03 9132 2020

Website: [www.myoga.com.my](http://www.myoga.com.my)

Facebook: [www.facebook.com/myogaki](https://www.facebook.com/myogaki)