



SCHEDULE OF 15TH AUGUST 2020 - 31ST AUGUST 2020 (PLAZA DAMAS)

MONDAY					
08.00am Hatha Aligment (I) Belinda	09.15am Hatha Aligment (I-A) Belinda	09.30am Hatha (E) Mr. Gan	10.45am Vinyasa Flow (I-A) Mr. Gan	06.30pm Hatha (E) Tai	06.45pm Gentle Flow (I) Apple
07.30pm Fatburn Extreme Shahril	08.00pm Hatha Flow (E) Kim				

TUESDAY					
08.00am Pilates (I-A) Ethan	09.15am Body Toning CK	09.30am Gentle Flow (E-I) Matthew	10.45am Movement & Breath (I-A) Matthew	02.00pm Myring Flow (E) Szeto	06.15pm Ashtanga LED (I) Matthew
06.30pm Hatha Flow (I) Apple	07.45pm Zumba Kristin	08.00pm Hatha (E) Apple			

WEDNESDAY					
08.00am Functional Yoga (E) Darren	09.00am Pilates (I) Ken	09.30am Hatha Flow (I) Darren	10.30am Flow (I) Xenia	01.00pm Chair Yoga (E) Dennis	06.15pm *TR* Vinyasa Flow (E) Dennis Ng
06.30pm Hatha Vinyasa (I-A) Mavis Soh	07.45pm Abxercise (E) Wilfred	08.00pm Hatha Alignment (E-I) Mavis Soh			

THURSDAY					
08.00am Hatha Flow (I) Jenny	09.15am Hatha (I-A) Jenny	10.45am WOD Miely	01.30pm Hatha (E) Iris	02.45pm Women's Yoga (I) Iris	06.15pm Yogilates (I) Ken
06.30pm Hatha Flow (I-A) Ping	07.45pm Props Fit (E) Dennis	08.00pm Vinyasa (I-A) Matthew			

FRIDAY					
08.00am Hatha (E) Eric	09.15am Vinyasa Flow (I-A) Eric	10.45am Functional Training Miely	01.00pm Hatha (E) Catherine	06.15pm Motion Flow (E-I) Dennis Ng	06.30pm Vinyasa Flow (I-A) Eric
07.45pm Body Barre (E) Miely	08.00pm Hatha (E) Eric				

SATURDAY					
09.00am Basic Yoga (E) Au Yong	09.15am Functional Yoga (E-I) Darren	10.00am *TC* Pilates (I) Ken	10.30am Hatha Yoga (I) Au Yong	10.45am In Motion Flow (I-A) Darren	02.00pm Hatha (E) Dennis Ng

SUNDAY					
09.00am Pilates (E) Tony	10.00am Hatha (E) Jenny	11.15am Hatha Flow (I-A) Jenny	12.15pm *TR* Stretch (E) Xenia	02.00pm Hatha (E) Catherine	03.15pm Body Toning CK

Elementary : E Intermediate : I Advance : A

TR : Temporary Replace *TC* : Time Change
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* 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: L-1-16, Block L, Plaza Damas, No 60, Jalan Sri Hartamas 1, Taman Sri Hartamas, 50480 Kuala Lumpur, Malaysia.

Contact Number: 03 6211 9999

Website: www.myoga.com.my

Facebook: www.facebook.com/myogaki