



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am ~ 8.45am					Hatha Mysore (Led) Level 1.5 <i>Angeline</i> 7.30am-8.45am	Flow Level 1.5 <i>Angeline</i>	Hatha Yoga Level 1.5 <i>Raymond</i> 8am-9am
9.15am ~ 10.15am	Basic Yoga Beginners <i>Aaron</i>	Flow Level 1.5 <i>Raymond</i>	Yogalates Level 1 <i>Kelly</i>	Mat Pilates Level 1.5 <i>Raymond</i>	Tone, Sculpt & Strengthen Level 1.5 <i>Angeline</i>	Yogalates Level 1 <i>Kelly</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>Aaron</i>	Basic Yoga Beginners <i>Raymond</i>	Pilates for Seniors Beginners <i>Kelly</i>	Basic Yoga Beginners <i>Raymond</i>		Basic Yoga Beginners <i>Kelly</i>	
6.45pm ~ 7.45pm	Basic Yoga Beginners <i>Angeline</i>		Yin Yoga All Levels <i>Raymond</i>	Basic Yoga Beginners <i>Angeline</i>			
6.45pm ~ 7.45pm	Prenatal Yoga & Active Birth <i>Kelly</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 Vibefam App before showing up for class.
2. Schedule changes may take place during Public Holidays.
3. Please bring a light resistance band and mini ball for Pilates Class.
4. Please BYO yoga mat & strap to class, and a water bottle to stay hydrated.
5. Prevailing studio SOP's apply.