

YOGA MALA

SCHEDULE OF CLASSES EFFECTIVE MARCH 2010

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
06:30 - 09:30	MYSORE Cheuk Na	MYSORE Cheuk Na	MYSORE Cheuk Na	MYSORE Cheuk Na	FULL PRIMARY Cheuk Na 07:30-09:30	08:30 - 10:00	YOGI'S CHOICE Lily *	MYSORE Lily * 08:00-10:00
10:00 - 11:30	YIN & YANG Lily *		VINYASA LED Jolene		HATHA (Alignment) Cheuk Na	10:30 - 12:00	YIN & YANG Lily*	VINYASA LED Denise
12:45 - 13:45	HATHA Cheuk Na	VINYASA LED Lily*	YIN YOGA Lily *	HATHA Cheuk Na	YIN YOGA Lindsay		MEDITATION Ken pang 15:00-16:00 (FREE)	
19:00 - 20:30		HATHA Miranda	YIN YOGA LiLy* 18:45 - 20:00	VINYASA LED Phyllis*	HATHA Miranda			

Full Day Rates

1 Class	\$200
4 Classes	\$700
8 Classes	\$1,300
1 Month	\$1,800
2 Months	\$3,400
3 Months	\$4,800

DISCOUNTED

\$180
\$630
\$1,170
\$1,500
\$2,800
\$4,000

Due to Carlos Pomedá Retreat

5 Mar: 1900 Hatha Cancel
6 & 7 Mar: All Class Cancel
MOONDAY: 16 & 30 Mar

AFTER 12:30pm WEEKDAYS ONLY

1 Class	\$120
4 Classes	\$440
8 Classes	\$800
1 Month	\$1000

MOONDAY: FOLLOWING CHINESE LUNAR CALENDAR, NO MYSORE, STUDIO OPEN FOR SELF-PRACTISE (FULL DAY RATES MONTHLY MEMBER ONLY)

Private lesson 1 hour \$800

All classes are bilingual except, *English only 所有課堂以雙語教授,有*只以英語教授

Payments by CASH or CHEQUE ONLY.

Payable to "Yoga Mala Limited" 只收現金或支票

3/F Century Court, 239 Jaffe Rd. Wanchai, HK
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www.yogamala.com.hk
 Fax : 3753 0449

**All classes valid for 12 months

** Typhoon 8 and Black Rain all classes cancelled.

** Studio reopen 2 hours later after T8 & Black Rain removed.

** Yoga base mats provided 提供瑜伽蓆

** Please bring own cup, use less paper cup.

** Please bring own towels 請自備毛巾 (Towel rental @\$5 each)

