

YOGA MALA

SCHEDULE OF CLASSES EFFECTIVE 1 JULY 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	08:00 - 10:00		MYSORE Cheuk Na 08:00-10:00
10:00 - 11:30	YIN & YANG Lily *		VINYASA LED Jolene		HATHA Joe Chan	10:30 - 12:00	YIN & YANG Lily*	VINYASA LED Denise
12:45 - 13:45	HATHA Cheuk Na	VINYASA LED Lily*	YIN YOGA Lily *	HATHA Christina	YIN YOGA Lindzay		MEDITATION Ken pang 15:00-16:00 (FREE)	
19:00 - 20:30	YIN & YANG Lily *	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

PUBLIC HOLIDAY!!!

**1 JULY: 1000-1130 Vinyasa Led
By Cheuk Na**

MOONDAY: July 12 & 26

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

AFTER 12:30pm WEEKDAYS ONLY

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

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
Tel: 21160894

Fax : 3753 0449

Email : info@yogamala.com.hk
www.yogamala.com.hk

**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)

