


YOGA MALA

SCHEDULE OF CLASSES EFFECTIVE FEBRUARY 2012

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
06:30 - 09:30	MYSORE Cheuk Na	MYSORE Cheuk Na 0630-1030 No Adjustment from 0930-1030	MYSORE Cheuk Na	MYSORE Cheuk Na 0630-1030 No Adjustment from 0930-1030	FULL PRIMARY Cheuk Na 07:30-09:30	08:00-08:45 09:00-09:45	ZEN MEDITATION 0800-0945 FREE	MYSORE Cheuk Na 08:00-10:00
10:00 - 11:30	YIN & YANG Lily*		VINYASA LED Jolene			10:30 - 12:00	YIN & YANG Lily*	VINYASA LED Denise
12:45 - 13:45	HATHA Christina*	VINYASA LED Lily*	YIN YOGA Lily*	HATHA Christina*	YIN YOGA Miranda		MEDITATION 1515-1600 FREE Ken Pang	
19:00 - 20:30	YIN & YANG Lily*	HATHA Miranda	YIN & YANG LiLy* 18:45 - 20:00	VINYASA LED Phyllis*	HATHA Miranda		 yoga mālā योग माला	

Full Day Rates

1 Class	\$200
4 Classes	\$700
8 Classes	\$1,300
1 Month	\$1,800

DISCOUNTED

1 Class	no discount
4 Classes	\$680
8 Classes	\$1,200
1 Month	\$1,500

Private lesson 1 hour \$800

Moon Day: 6 Mon & 22 Wed

0800-0930: Yin & Meditation by Cheuk Na

Moon Day Class valid for All monthly pass, full day rates pass, drop in \$200

Following Chinese Lunar calendar, other classes no change.

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

Tel: 21160894 Fax : 3753 0449

3/F Century Court, 239 Jaffe Rd. Wanchai, HK

www.yogamala.com.hk

Email : info@yogamala.com.hk

AFTER 12:30pm WEEKDAYS ONLY

1 Class	\$140
4 Classes	\$480
8 Classes	\$880
1 Month	\$1000

**All classes valid for 4 months

** Typhoon 8 and Black Rain all classes cancelled.

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

** Yoga base mats provided 提供瑜伽底蓆

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

** Please bring own towels 請自備毛巾 Towel rental @\$10 each

