



**Bikram Hot Yoga Schedule, Subang Jaya Centre  
06<sup>th</sup> February – 12<sup>th</sup> February 2012**

**STUDIO B – 3<sup>rd</sup> Floor**

TIME/DAY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7.30am – 9.00am	Erik	Melanie	Mei		Melanie		
9.00am – 10.30am						Mei	Mei
9.30am – 11.00am	Erik	Melanie	Mei	Erik	Melanie		
4.00pm – 5.30pm	Melanie	Mei				Mei	Mei
6.15 pm – 7.45pm			Erik	Mei	Erik		
8.15pm – 9.45pm			Erik	Mei	Erik		

**Bikram Hot Yoga Schedule, Kenanga KL Centre  
06<sup>th</sup> February – 12<sup>th</sup> February 2012**

**STUDIO A**

TIME/DAY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9am – 10.30am	Mei	Erik				Melanie	Michon
10am – 11.30am			Erik	Melanie	Erik		
11am – 12.30pm	Mei	Michon				Melanie	Michon
4pm – 5.30pm	Michon	Michon				Michon	Michon
6.15 pm – 7.45pm			Melanie	Michon	Michon		
8.15pm – 9.45pm			Melanie	Michon	Michon		

**Class Preparation, Rules & Etiquette :**

**Etiquette:**

- Be on time. Be patient. Be calm. Be compassionate.
- Observe silence.
- Leave all your belongings in the lockers
- Mobile phones are not allowed in the yoga studio.
- Be respectful to fellow students. No stepping on fellow students' yoga mats.
- Drink between postures, not during postures.
- Practice stillness between postures.
- Ask questions either before or after class.
- Do not change mats once class begins. Please do not move your mat before, during or after class.
- Do not enter the class once class is in progress and do not leave until class is over.
- The management reserves the right to replace Yoga instructors without prior notice.

**How to prepare for class:**

- Come with an empty stomach. It is recommended you eat your last meal at least 2 to 3 hours before class.
- For your comfort, it is recommended to remove wrist watches and large jewelry before class.
- Tie up long hair with a rubber band.
- For your own safety, no chewing gum in class.
- **Bring a large bottle of water.**