



**Bikram Hot Yoga Schedule, Subang Jaya Centre**  
**26<sup>th</sup> July – 01<sup>st</sup> August 2010**

**STUDIO A – 1<sup>st</sup> Floor**

TIME/DAY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7.30am – 9am	Melanie		Erik		Melanie		
9am – 10.30am						Melanie	Erik
8pm – 9.30pm	Mei	Melanie	Melanie	Mei	Erik		

**STUDIO B – 3<sup>rd</sup> Floor**

TIME/DAY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.30am – 11am	Melanie	Mei	Erik	Melanie	Melanie		
4pm – 5.30pm						Melanie	Erik
6.15pm – 7.45pm	Mei	Melanie	Melanie	Mei	Erik		

**Bikram Hot Yoga Schedule, Pavilion KL Centre**  
**26<sup>th</sup> July – 01<sup>st</sup> August 2010**

**STUDIO A – 5<sup>th</sup> Floor**

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

**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.**