

# Union Yoga Ayurveda

## Month of May at Beauty World Branch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:30		Gentle Yoga (Candy)	Gentle Yoga (Amy)	Deep Stretch (Sally)	Hatha Yoga (Har Lee)		
9:30 - 10:00					Gentle Yoga (Anne)	Yin Yoga (Sally)	Hatha Yoga (Candy)
10:00 - 10:30	Yin Yang Yoga (Margaret)		Core Yoga (Amy)	Hatha Yoga (Zhi Yan)	Vinyasa Flow (Har Lee)		
10:30 - 11:00					Detox Yoga (Wenyi)	Hatha Yoga (Orange)	Core Yoga (Sally)
11:00 - 11:30	Hatha Yoga (Cecilia)	Training	Aerial Stretch (Amy)	Training			
11:30 - 12:00		Course		Training	Ashtanga Yoga (Wenyi)	Hatha Yoga (Cecilia)	Hatha Yoga (Anne)
12:00 - 12:30				Course			Training
12:30 - 1:00							Course
1:00 - 1:30							
1:30 - 2:00							Aerial Yoga (Jasper)
2:00 - 2:30		Seasonal		Seasonal			
2:30 - 3:00			Seasonal		Seasonal		
3:00 - 3:30		Course	Course	Course		Seasonal	
3:30 - 4:00						Course	
4:00 - 4:30							
4:30 - 5:00							Rope Yoga (Jasper)
5:00 - 5:30							
5:30 - 6:00						Pranayama & Meditation (Serene)	
6:00 - 6:30	Hatha Flow (Emilia)			Hatha Yoga (Jacq)	Yin Yoga (Jacq)		
6:30 - 7:00			Hatha Yoga (Jacq)		Hatha Yoga (Jacq)	Hatha Yoga (Eileen)	
7:00 - 7:30	Gentle Yoga (Emilia)	Training	Yin Yoga (Joyce)	Vinyasa Flow (Jacq)	Hatha Yoga (Jacq)		
7:30 - 8:00					Yin Yoga (Jacq)	Hatha Yoga (Candy)	Training
8:00 - 8:30		Course					Course
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00							

\* \$30 / class and enjoy whole week unlimited free classes)

\* \$25 / class

\* attend 4 classes within 6 weeks and get a complimentary 5th loyalty class

\* call 68420885 / 83216170 for reservations

### Class booking/cancellation Rules and Regulations:

All practitioner are to abide to Union Yoga Ayurveda rules and regulations at all times to prevent any unforeseen circumstances.

- ✓ Booking must be made at least 24hrs in advance by Whatsapp SMS.
- ✓ Booking from Loyalty card user must be made at least 6hrs in advance.
- ✓ Loyalty card are valid for 3 months from the day of first usage.
- ✓ Loyalty card must be presented before class commences, otherwise, prevailing walk-in rate would be applied.
- ✓ Booking for all other coupons/groupon user are valid for 6 weeks from the date of first usage.
- ✓ Cancellation must be made 12hrs in advance, otherwise it will be marked as a class used.
- ✓ Cancellation for Loyalty card user must be made 4hrs in advance or earlier, otherwise it will be marked as a class used.

# Union Yoga Ayurveda

## Month of May at Kembagan Branch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:30							
9:30 - 10:00							
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30	Hatha/Yin Yoga		Hatha/Yin Yoga				
11:30 - 12:00	Training Course		Training Course		Seasonal Course	Training Course	Training Course
12:00 - 12:30							
12:30 - 1:00							
1:00 - 1:30							
1:30 - 2:00							
2:00 - 2:30							
2:30 - 3:00	Seasonal Course		Seasonal Course		Seasonal Course		
3:00 - 3:30							
3:30 - 4:00							
4:00 - 4:30							
4:30 - 5:00						Hatha/Yin Yoga	Hatha/Yin Yoga
5:00 - 5:30							
5:30 - 6:00						Meditation	
6:00 - 6:30							
6:30 - 7:00							
7:00 - 7:30	Hatha/Yin Yoga (7.30pm-8.30pm)		Hatha/Yin Yoga (7.30pm-8.30pm)				
7:30 - 8:00	Training Course		Training Course		Training Course		
8:00 - 8:30							
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00							

- \$25 / class
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