

**Union Yoga Ayurveda
Beauty World Branch
October 2018 Schedule**

Time/Studio	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday						
	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama					
8:30-9:30												Niguma Yoga Lian Sang							
9:00 - 10:00	Yoga Stretch Emilia	Sun Salutation Sylvia	Hatha Yoga Sarah	Detox Yoga Nishy	Hatha Yoga Liteng	Aerial Yoga Wu You (Mandarin Class)	Vinyasa Flow Nishy	Yoga Stretch Sylvia	Detox Yoga Nishy	Gentle Yoga Orange		Sun Salutation Ingrid	Hatha Yoga Juliana	Aerial Yoga Jasper					
10:00 - 11:00	Yin & Yang Margaret	Hatha Yoga Aurelia	Hip Opening Sarah	Hatha Flow Cheri	Shoulder & Back Opening Liteng	Yoga Twist Cheri	Ayurveda Therapist Training Course	Core Yoga Sylvia	Ashtanga Nishy	Yoga Flow Gerri	Hip Opening Lydia	Hatha Yoga Hilda	Vinyasa Flow Juliana	Yoga For Beginners Pavithra					
11:00 - 12:00		Aerial Yoga Wu You (Mandarin Class)		Aerial Stretch Cheri		Yoga Stretch Cheri		Power Yoga Judy (Mandarin Class)		Yin Yoga Gerri		Ayurveda Therapist Training Course 10:30am-1:00pm (Room 1)	Yoga Stretch Hilda		Power Yoga Pavithra				
12:00 - 1:00	Yoga Instructor Certification (RYT 200)	Yoga For Beginner Juliana	Yoga Instructor Certification (RYT 200)	Yoga For Beginner Gina	Yoga Instructor Certification (RYT 200)	Yin & Yang Gina		Aerial Yoga Judy (Mandarin Class)	Yoga Instructor Certification (RYT 200)				Yoga Instructor Certification (RYT 200)						
1:00 - 2:00														Aerial Yoga Jasper					
2:00 - 3:00	Seasonal Course		Seasonal Course		Seasonal Course		Seasonal Course		Seasonal Course		Seasonal Course	Yoga Instructor Certification (RYT 200) 11:00am-4:00pm	Stretch & Glow Eileen						
3:00 - 4:00																	Hatha Yoga Eileen		
4:00 - 5:00												Yoga For Beginners Emilia						Aerial Yoga Jacq	Rope Yoga Jasper
5:00 - 6:00		Yoga Stretch Payal										Core Yoga Emilia						Yin Yoga Payal	
6:00 - 6:30		Core Yoga Payal		Hatha Flow Jacq			Yin Yoga Jacq	Hatha Yoga Orange				Yoga For Beginners Payal							
6:30 - 7:00	Hatha Yoga Emilia		Hatha Yoga Jasber		Gentle Yoga Jasber	Hatha Yoga Mandy			Rhythmic Yoga Wenyi	Yoga For Beginners Xiaoyi									
7:00 - 7:30			Yin Yoga Jacq				Hatha Flow Jacq	Gentle Yoga Xiaoyi											
7:30 - 8:00	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	Yoga For Beginners Pavithra		Certificate In Yoga Therapy (CYT 500)	Vinyasa Flow Mandy			Yoga Instructor Certification (RYT 200)	Hip Opening Wang Ying									
8:00 - 8:30			Power Yoga Pavithra								Hatha Yoga Wang Ying								
8:30 - 9:30																			
9:30 - 10:00																			

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

Fees

\$25 - walk-ins, attend 4 classes within 6 weeks, receive 5th class free
\$180 - 10 classes

Bookings

- Bookings for all others must be made at least 24 hrs in advance via Whatsapp group
- Cancellations must be made 12 hrs in advance

Contact Us:

Please call 6842 0885/8321 6170 for reservations and enquiries

Loyalty Card Users

- Bookings to be made 6 hrs in advance via Whatsapp group
- Loyalty cards are valid for 3 months from day of first usage
- Loyalty Cards must be presented before class commencement, otherwise walk-in rates apply
- Cancellations must be made 4 hrs in advance, otherwise it will be marked as class used

