

**Union Yoga Ayurveda  
Beauty World Branch  
September 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		
7:30-8:30		Sun Salutation Emilia		Sunrise Yoga Ingrid						Sunrise Yoga Ingrid						
8:30-9:30				Yogalates Ingrid		Hot Yoga Cheri				Yogalates Ingrid	Niguma Yoga Lian Sang		Hatha Yoga Juliana			
9:00 - 10:00	Hatha Yoga Candy	Hot Stretch Emilia	Yin & Yang Sally		Yoga Stretch Liteng		Yoga Stretch Sylvia	Detox Yoga Nishy	Detox Yoga Nishy			Sun Salutation Liteng		Aerial Yoga Jasper		
10:00 - 11:00	Yin & Yang Margaret	Aerial Yoga Wu You Mandarin Class	Dynamic Yoga Sally	Hatha Yoga Amy	Shoulder & Back Opening Liteng	Aerial Yoga Wu You Mandarin Class	Core Yoga Sylvia	Yoga Stretch Judy Mandarin Class	Vinyasa Flow Nishy	Aerial Yoga Judy Madarin Class		Yoga Stretch Hilda		Yoga For Beginners Pavithra		
11:00 - 12:00		Gentle Yoga Doris		Aerial Stretch Amy		Hatha Yoga Gina	Gentle Flow Yoga Gerri	Power Yoga Judy Mandarin Class		Yoga Stretch Judy Madarin Class	Ayurveda Therapist Training Course 10.00am-1.00pm	Hatha Yoga Hilda		Power Yoga Pavithra		
12:00 - 1:00	Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200)	Yoga for Beginners Gina	Yoga Instructor Certification (RYT 200)	Yin Yoga Gina	Yin Yoga Gerri	Aerial Yoga Judy Mandarin Class	Yoga Instructor Certification (RYT 200)	Hatha Yoga Rachelle		Bungee Yoga Jasper Room 1				
1:00 - 2:00										Yoga Stretch Rachelle		Aerial Yoga Jasper	Yoga Instructor Certification (RYT 200)	Aerial Yoga Jasper		
2:00 - 3:00	Seasonal Course		Seasonal Course						Seasonal Course		Yoga Instructor Certification (RYT 200) 11.00am-4.00pm	Gentle Yoga Jobee				
3:00 - 4:00													Aerial Yoga Jobee			
4:00 - 5:00														Yoga Stretch Eileen	Rope Yoga Jasper	
5:00 - 6:00														Hatha Yoga Yang Qing Mandarin Class		Bungee Yoga Jasper Room 1
6:00 - 6:30				Hatha Flow Jacq			Yin Yoga Jacq									
6:30 - 7:00	Hatha Yoga Emilia	Gentle Yoga Jasber	Hatha Yoga Jasber		Gentle Yoga Xiaoyi	Hatha Yoga Mandy				Rhythmic Yoga Wenyi						
7:00 - 7:30				Yin Yoga Jacq			Hatha Flow Jacq	Hatha Beginners Jacq Fu								
7:30 - 8:00			Yoga for Beginners Pavithra			Vinyasa Flow Mandy										
8:00 - 8:30	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)			Certificate In Yoga Therapy (CYT 500)				Yoga Instructor Certification (RYT 200)			Hip Opening Wang Ying				
8:30 - 9:30			Power Yoga Pavithra	Aerial Yoga Jacq			Gentle Stretch Candy	Aerial Yoga Jacq			Hatha Yoga Wang Ying					
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

