

**Union Yoga Ayurveda
Beauty World Branch
November 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						
8:30-9:00																				
9:00 - 10:00		Sun Salutation Sylvia		Power Yoga Wu You (Mandarin Class)	Hatha Yoga (Beginner) Liteng	Aerial Yoga Wu You (Mandarin Class)		Yoga Stretch Lynda	Detox Yoga Nishy	Gentle Yoga Orange	Niguma Yoga Lian Sang	Sun Salutation Hilda	Hatha Yoga (Beginner) Gabrielle	Aerial Yoga Wu You (Mandarin Class)						
10:00 - 11:00	Yin Yoga Jjoyce	Hatha Yoga (Intermediate) Sylvia		Aerial Core Wu You (Mandarin Class)	Detox Yoga Liteng	Yoga Beginner Wu You (Mandarin Class)	Ayurveda Therapist Training Course	Core Yoga Sarah	Ashtanga Nishy	Yoga Flow Payal	Hip Opening Lydia	Hatha Yoga (Intermediate) Hilda		Yoga For Beginners Pavithra						
11:00 - 12:00	Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200)	Yoga Stretch Wu You (Mandarin Class)	Ayurveda Therapist Training Course		Yoga Instructor Certification (RYT 200)	Yoga For Beginners Payal	Ayurveda Therapist Training Course 10:30am-1:00pm (Room 1)	Yoga Stretch Hilda	Yoga Instructor Certification (RYT 200)	Power Yoga Pavithra						
12:00 - 1:00		Hatha Yoga (Beginner) Aurelia																		
1:00 - 2:00																			Prenatal Yoga Xiaoyi	Aerial Yoga Jasper
2:00 - 3:00	Seasonal Course		Seasonal Course		Seasonal Course		Ayurveda Therapist Training Course		Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200) 11:00am-4:00pm	Stretch & Glow Joeee	Yoga Instructor Certification (RYT 200)							
3:00 - 4:00																		Hatha Yoga (Beginner) Joeee		
4:00 - 5:00												Yoga For Beginners Emilia							Vinyasa Flow Claire	Rope Yoga Jasper
5:00 - 6:00		Yoga Stretch Payal										Yoga Strengthening Emilia								
6:00 - 6:30		Core Yoga Payal		Vinyasa Flow Jacq					Hatha Yoga (Intermediate) Juliana											
6:30 - 7:00	Gentle Yoga Aurelia		Hatha Yoga (Intermediate) Jasber		Gentle Yoga Xiaoyi	Hatha Yoga (Intermediate) Mandy						Yoga For Beginners Xiaoyi								
7:00 - 7:30				Yin Yoga Jacq				Hatha Yoga (Beginner) Jacq Fu	Vinyasa Flow Juliana											
7:45 - 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						Hip Opening Wang Ying								
8:00 - 8:45				Hatha Flow Jacq																
8:45 - 9:00									Gentle Yoga Candy											
9:00 - 10:00				Power Yoga Pavithra											Hatha Yoga (Intermediate) Wang Ying					

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

