

**Union Yoga Ayurveda
Outram Park Branch
February 2019 Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00 - 10:00	Yoga Stretch Vangeily			Restorative Yoga Sarah			Detox Flow Onwah
10:00 - 11:00	Hatha Flow Vangeily	Stretch & Glow Payal	Yoga Therapy Margaret	Hatha Yoga Intermediate Sarah			Yin Yoga Onwah
11:00 - 12:00	Hatha Yoga Beginner Anna	Yogalates Payal	Yin & Yang Yoga Orange	Yin Yoga Ping Kiang	Vinyasa Flow Onwah		
12:00 - 1:00	Aerial Yoga Anna	Hatha Yoga Beginner Anna	Hatha Flow Orange	Yoga For Beginner Ping Kiang	Yin & Yang Onwah		
1:00 - 2:00		Yoga Stretch Anna		Hatha Yoga Intermediate Elvin		Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)
2:00 - 3:00							
3:00 - 4:00							Myofascial Therapy & Meridians Massage Shirris
4:00 - 5:00						Kids Yoga Husna	Mindfulness Yin Yoga Shirris
5:00 - 6:00							
6:00 -6:30		Hatha Yoga Beginner May	Yoga Stretch Jasber	Yoga For Beginner Payal	Hatha Yoga Beginner Chia Lling		
6:30-7:00	Deep Stretch Jacq Leong	Yin Yoga May	Hatha Flow Jasber	Yoga Stretch Payal	Yin Yoga Chia Ling		
7:00 -7:30	Wheel Yoga Jacq Leong						
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:30	Aerial Yoga Jacq Leong		Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	
9:30 - 10:00							

Fees

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

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

