

**Union Yoga Ayurveda
Beauty World Branch
March 2019 Schedule**

| Time/Studio | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|---------------|---|---|---|---|---|---------------------------------------|-----------------------------------|---|---|---|---|-------------------------------------|---|-----------------------------------|
| | Ahimsa | Niyama | Ahimsa | Niyama | Ahimsa | Niyama | Ahimsa | Niyama | Ahimsa | Niyama | Ahimsa | Niyama | Ahimsa | Niyama |
| 8:00-9:00 | | | Sunrise Yoga Emilia | Yoga Stretch Debbie | | | | | Hatha Yoga Beginner (Mandarin Class) Doris | | | Hatha Yoga Intermediate Hilda | | Yoga For Beginners Pavithra |
| 9:00 - 10:00 | Hip Opening Nishy | Hatha Yoga Beginner Candy | Vinyasa Flow Onwah | Yin Yoga Sophia | Power Yoga Payal | Hatha Yoga Beginner Anna | Yin & Yang Ian | Detox Flow Onwah | Yoga For Beginners Ian | | Hatha Yoga Beginner Annie | Yoga Stretch Hilda | Back Bend QinMeng | Aerial Yoga Gama |
| 10:00 - 11:00 | Detox Yoga Nishy | Vinyasa Flow Beginner Candy | Yoga Stretch Emilia | Certificate In Yoga Therapy (CYT 500) | Yin Yoga Payal | Aerial Yoga Anna | Hatha Yoga Beginner Ian | Certificate In Yoga Therapy (CYT 500) | | | | | | |
| 11:00 - 12:00 | Yoga Instructor Certification (RYT 200) | | Yoga Instructor Certification (RYT 200) | | | Deep Stretch Nishy | | | | | | | Ayurveda Therapist Training Course 10:30am-1:00pm (Room 1) | |
| 12:00 - 1:00 | | | | Vinyasa Flow Beginner Chia Ling | Yoga Instructor Certification (RYT 200) | Core Yoga Nishy | | | | | | | | |
| 1:00 - 2:00 | | | | Yin Yoga Chia Ling | | | | | | | | | | |
| 2:00 - 3:00 | | | | | | | | | | | Yoga Instructor Certification (RYT 200) 11:00am-4:00pm | Stretch & Glow Eileen | | Aerial Yoga Jasper |
| 3:00 - 4:00 | | | | | | | | | | | | Core Yoga Li Ying | | |
| 4:00 - 5:00 | | | | | | | | | | | | Hatha Flow Li Ying | | Kids Yoga Jasper |
| 5:00 - 5:30 | Yoga Stretch Payal | | Yoga For Beginners Payal | | | | | | | | | | | Bungee Yoga Jasper |
| 5:30 - 6:00 | | Sundown Yoga Emilia | | | | | | Hatha Flow Debbie | Sundown Yoga Emilia | Hatha Yoga (Beginner) Jacq Fu | | | | Rope Yoga Jasper |
| 6:00 - 6:30 | Power Yoga Payal | | Power Yoga Payal | Vinyasa Flow Jacq Leong | Yin Yoga Onwah | | | | | | | | | |
| 6:30 - 7:00 | | Hatha Flow Emilia | | | | Hatha Yoga (Intermediate) Mandy | Vinyasa Flow Beginner Candy | Hatha Yoga (M) (Multilevel) Debbie | Yoga Strengthening Emilia | Gentle Yoga Jacq Fu | | | | |
| 7:15 - 7:30 | | | | Wheel Yoga Jacq Leong | | | | | | | | | | |
| 7:30 - 8:15 | | | | | | Vinyasa Flow Mandy | | Yin Yoga Lim | | Hip Opening Wang Ying | | | | |
| 8:15 - 8:30 | | | | | | | | | | | | | | |
| 8:30 - 9:30 | Certificate In Yoga Therapy (CYT 500) | Yoga Instructor Certification (RYT 200) | Yoga Instructor Certification (RYT 200) | Aerial Yoga Jacq Leong | Certificate In Yoga Therapy (CYT 500) | | Yoga Stretch Candy | Hatha Yoga Beginner Lim | Yoga Instructor Certification (RYT 200) | Shoulder & Back Opening 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

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

