

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00-9:00								
9:00 - 10:00	Backbend & Twist <i>Patricia</i>	Yoga Stretch <i>Vangjeli</i>		Restorative Yoga <i>Sarah</i>			Vinyasa Flow <i>Onwah</i>	
10:00 - 11:00	Arm Balance <i>Patricia</i>	Hatha Flow <i>Vangjeli</i>	Stretch & Glow <i>Payal</i>	Yoga Therapy <i>Margaret</i>	Yoga Instructor Certification (RYT 200)		Yin Yoga <i>Onwah</i>	
11:00 - 12:00	Hatha Yoga Beginner <i>Anna</i>		Power Yoga <i>Payal</i>	Hatha Yoga Beginner <i>Vangjeli</i>				
12:00 - 1:00	Aerial Yoga <i>Anna</i>		Hatha Yoga Beginner <i>Anna</i>	Yoga Stretch <i>Vangjeli</i>	Yoga Instructor Certification (RYT 200)	Vinyasa Flow <i>Onwah</i>		
1:00 - 2:00			Yoga Stretch <i>Anna</i>	Yoga For Beginner <i>Ping Kiang</i>			Yin & Yang <i>Onwah</i>	
2:00 - 3:00						Yoga Instructor Certification (RYT 200)		
3:00 - 4:00								Yin Yoga <i>Lim</i>
4:00 - 5:00						Kids Yoga <i>Husna</i>	Hatha Yoga Beginner <i>Lim</i>	
5:00 - 6:00								
6:00 - 7:00			Hatha Yoga Beginner <i>May</i>	Aerial for Beginners <i>Jacq Leong</i>	Yoga For Beginner <i>Payal</i>	Wheel Yoga <i>Jacq Leong</i>	Hatha Yoga Beginner <i>Chia Ling</i>	
7:00 - 8:00	Wheel Yoga <i>Jacq Leong</i>		Yin Yoga <i>May</i>	Hatha Yoga Beginner <i>Jacq Leong</i>	Yoga Instructor Certification (RYT 200)	Yoga Stretch <i>Payal</i>	Aerial for Beginners <i>Jacq Leong</i>	Yin Yoga <i>Chia Ling</i>
8:00 - 9:00	Aerial for Beginners <i>Jacq Leong</i>							Yin Yoga <i>Jacq Leong</i>
9:00 - 10:00					Certificate In Yoga Therapy (CYT 500)			

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

