

**Union Yoga Ayurveda
Beauty World Branch
April 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
7:00 - 7:30	Sunrise Yoga <i>Ji Eun</i>		Sunrise Yoga <i>Ji Eun</i>		Sunrise Yoga <i>Ji Eun</i>		Sunrise Yoga <i>Ji Eun</i>		Sunrise Yoga <i>Ji Eun</i>					
7:30 - 8:00														
8:00-8:30				Hatha Yoga (Mandarin Class) <i>Isabella</i>			Asthanga (Mandarin Class) <i>Wu You</i>		Hatha Yoga Beginner (Mandarin Class) <i>Candy Lai</i>		Sunrise Yoga <i>Ji Eun</i>	Hatha Yoga Beginner <i>Annie</i>	Sunrise Yoga <i>Ji Eun</i>	Yoga Stretch (Mandarin Class) <i>Wu You</i>
8:30 - 9:00														
9:00 - 10:00	Hip Opening <i>Nishy</i>					Power Yoga <i>Payal</i>		Hatha Yoga Beginner <i>Anna</i>		Yoga For Beginners <i>Ian</i>	Yoga Stretch <i>Hilda</i>		Hatha Flow <i>Serene</i>	Aerial Yoga (Mandarin Class) <i>Wu You</i>
10:00 - 11:00	Detox Yoga <i>Nishy</i>			Certificate In Yoga Therapy (CYT 500)		Yin Yoga <i>Payal</i>	Certificate In Yoga Therapy (CYT 500)	Aerial Yoga <i>Anna</i>	Advance Teachers Training	Advance Teachers Training	Hatha Yoga Intermediate <i>Hilda</i>	Advance Teachers Training	Hatha Flow <i>Serene</i>	Aerial Yoga <i>Jasper</i>
11:00 - 12:00														
12:00 - 1:00	Yoga Instructor Certification (RYT 200)	Yin Yoga <i>Lim</i>	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)
1:00 - 2:00		Aerial Yoga For Beginners <i>Lim</i>												
2:00 - 3:00														
3:00 - 4:00														
4:00 - 5:00														
5:00 - 5:30	Yoga Stretch <i>Payal</i>	Kids Yoga <i>Husna</i>	Yoga For Beginners <i>Payal</i>	Aerial Yoga <i>Debbie</i>	Core Yoga <i>Jacq Leong</i>	Hatha Yoga (Beginner) <i>Debbie</i>	Sundown Yoga <i>Emilia</i>	Hatha Yoga (Beginner) <i>Jacq Fu</i>	Hatha Yoga (Beginner) <i>Jacq Fu</i>	Vinyasa Flow (Beginner) <i>Candy</i>	Vinyasa Flow (Beginner) <i>Candy</i>	Vinyasa Flow (Beginner) <i>Candy</i>	Gentle Yoga <i>Jacq Fu</i>	Kids Yoga <i>Jasper</i>
5:30 - 6:00														
6:00 - 6:30	Power Yoga <i>Payal</i>		Power Yoga <i>Payal</i>											
6:30 - 7:00				Vinyasa Flow (Beginner) <i>Debbie</i>	Hatha Yoga (Intermediate) <i>Mandy</i>									
7:15 - 7:30						Wheel Yoga <i>Jacq Leong</i>	Vinyasa Flow (Beginner) <i>Candy</i>							
7:30 - 8:15				Hatha Yoga (Beginner) <i>Lim</i>	Vinyasa Flow <i>Mandy</i>									
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 For Beginners <i>Lim</i>	Certificate In Yoga Therapy (CYT 500)	Aerial Yoga <i>Jacq Leong</i>	Back & Hips Opening <i>Jacq Leong</i>	Hatha Yoga (Beginner) <i>Lim</i>	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)
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

