

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00 - 10:00	<b>Backbend &amp; Twist</b> <i>Patricia</i>	<b>Yoga Stretch</b> <i>Vangjeli</i>	<b>Hatha Yoga</b> <i>Anna</i>	<b>Yoga Stretch</b> <i>Patricia</i>		<b>Hatha Yoga</b> <i>Florence</i>	<b>Hatha Flow</b> <i>Monica</i>
10:00 - 11:00	<b>Arm Balance</b> <i>Patricia</i>	<b>Hatha Flow</b> <i>Vangjeli</i>	<b>Aerial Yoga</b> <i>Anna</i>	<b>Yoga Twist</b> <i>Patricia</i>		<b>Hatha Yoga</b> <i>Sarah.H</i>	<b>Hatha Yoga</b> <i>Monica</i>
11:00 - 12:00	<b>Hatha Yoga</b> <i>Anna</i>		<b>Stretch &amp; Glow</b> <i>Payal</i>		<b>Yin Yoga</b> <i>Ping Kiang</i>		
12:00 - 1:00	<b>Aerial Yoga</b> <i>Anna</i>		<b>Power Yoga</b> <i>Payal</i>		<b>Yoga For Beginner</b> <i>Ping Kiang</i>		
1:00 - 2:00							Yoga Instructor Certification (RYT 200)
2:00 - 3:00							Yoga Instructor Certification (RYT 200)
3:00 - 4:00							
4:00 - 5:00							<b>Aerial for Beginners</b> <i>Lim</i>
5:00 - 5:30							
5:30 - 6:00							<b>Hatha Yoga</b> <i>Lim</i>
6:00 - 6:30	<b>Wheel Yoga</b> <i>Jacq Leong</i>		<b>Aerial for Beginners</b> <i>Jacq Leong</i>	<b>Yin &amp; Yang</b> <i>Wenyi</i>	<b>Yoga For Beginner</b> <i>Payal</i>	<b>Aerial for Beginners</b> <i>Jacq Leong</i>	
6:30 - 7:00				<b>Core Yoga</b> <i>Wenyi</i>	<b>Yoga Stretch</b> <i>Payal</i>	<b>Yin Yoga Jacq Leong</b> (6:45-7:45)	
7:00 - 7:30	<b>Hatha Flow</b> <i>Jacq Leong</i> (7:15-8:15)	<b>Yin Yoga</b> <i>On Wah</i>	<b>Wheel Yoga Jacq Leong</b> (7:15-8:15)	<b>Yoga For Beginner</b> <i>Ian</i>			
7:30 - 8:00							
8:00 - 9:00							Yoga Instructor Certification (RYT 200)
9:00 - 10:00							Yoga Instructor Certification (RYT 200)

**Fees**

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

**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

**Contact Us:**

Please call 6842 0885/ 8321 6170 for reservations and enquiries

