

**Union Yoga Ayurveda
Outram Park Branch
March 2020 Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00			Yoga For Beginners Anna Lisicka				
9:00 - 10:00			Yoga Stretch Anna Lisicka			Yoga Stretch Patricia	Advance Yoga TTC
10:00 - 11:00	Prenatal Yoga Rose	Hatha Yoga Gabie	Hatha Yoga Master Ganesh/ Roo	Advance Yoga TTC (9am-12pm)	Prenatal Yoga (Room 4) Rose	Hatha Yoga Kiran	Aerial Yoga Patricia
11:00 - 12:00	Yoga Stretch Fiona	Hatha Stretch Nancy	Yoga Instructor Certification (RYT 200) (10am-1pm)	Yoga Instructor Certification (RYT200) Room 4	Yoga Instructor Certification (RYT 200)	Hatha Yoga Master Ganesh/Ai Li	Hatha Yoga Roo
12:00 - 1:00	Core Yoga Fiona						
1:00 - 2:00						Yoga Instructor Certification (RYT 200) (11am-4pm)	Yoga Instructor Certification (RYT 200) (11am-4pm)
2:00 - 3:00							
3:00 - 4:00							
4:00 - 5:00							
5:00 - 5:30		Hatha Yoga Anna Lisicka					
5:30 - 6:00	Aerial Yoga Anna Chan	Yoga For Relaxation Anna Lisicka					
6:00 -6:30							
6:30 -7:00	Aerial Yoga Anna Chan						
7:00 -7:30			Certicate In Yoga Therapy (CYT 500) (Room 4)		Restorative Yoga Vicky	Yoga For Beginners Venus	
7:30 -8:00	Private Booking Henry	Core Yoga Grace		Hatha Yoga Amanda		Hatha Yoga Master Ganesh/ Venus	
8:00 -8:30							
8:30-9:00	Restorative Yoga (Room 4) Vicky	Yoga Stretch Ginny			Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)	
9:00 - 9:30		Hatha Yoga Ginny		Certicate In Yoga Therapy (CYT 500) (Room 4)			
9:30 - 10:00			Yoga Instructor Certification (RYT 200)				

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

