

# Union Yoga Ayurveda

Classes at Kembangan Branch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:15							
10:15 - 10:30							
10:30 - 10:45							
10:45 - 11:00	Hatha Yoga / Yin Yoga						
11:00 - 11:15	Training Course						
11:15 - 11:30							
11:30 - 11:45							
11:45 - 12:00	Hatha Yoga / Yin Yoga			Hatha Yoga / Yin Yoga			
12:00 - 12:15							
12:15 - 12:30			Training Course	Training Course	Training Course		
12:30 - 12:45							
12:45 - 13:00							
13:00 - 13:15							
13:15 - 13:30						Training Course	Training Course
13:30 - 13:45							
13:45 - 14:00							
14:00 - 14:15							
14:15 - 14:30		Seasonal Course					
14:30 - 14:45							
14:45 - 15:00							
15:00 - 15:15							
15:15 - 15:30							
15:30 - 15:45		Seasonal Course					
15:45 - 16:00	Seasonal Course		Seasonal Course	Seasonal Course	Seasonal Course		
16:00 - 16:15						Hatha Yoga / Yin Yoga	
16:15 - 16:30							Hatha Yoga / Yin Yoga
16:30 - 16:45							
16:45 - 17:00							
17:00 - 17:15							
17:15 - 17:30							
17:30 - 17:45							
17:45 - 18:00							
18:00 - 18:15							
18:15 - 18:30							
18:30 - 18:45							
18:45 - 19:00							
19:00 - 19:15				Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga		
19:15 - 19:30							
19:30 - 19:45							
19:45 - 20:00	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga				
20:00 - 20:15							
20:15 - 20:30							
20:30 - 20:45	Training Course	Training Course	Training Course	Training Course	Training Course		
20:45 - 21:00							
21:00 - 21:15							
21:15 - 21:30							
21:30 - 21:45							
21:45 - 22:00							

\* \$25 / class

\* attend 4 classes within 6 weeks and get a complimentary 5th loyalty class

\* call 68420885 / 83216170 for reservations

# Union Yoga Ayurveda

Classes at Beauty World Branch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:30							
9:30 - 10:00							
10:00 - 10:30	Meditation	Yoga Therapy	Yin Yoga	Yoga - Dynamic	Yoga - Core		
10:30 - 11:00							
11:00 - 11:30	Hatha Yoga	Meditation	Hatha - Vinyasa	Hatha - Vinyasa	Yoga - Stretch		
11:30 - 12:00							
12:00 - 12:30	Training Course	Training Course	Training Course		Training Course		
12:30 - 1:00							
1:00 - 1:30						Prenatal Yoga	Hatha Yoga
1:30 - 2:00							
2:00 - 2:30	Seasonal Course	Seasonal Course	Seasonal Course		Seasonal Course		
2:30 - 3:00							
3:00 - 3:30							
3:30 - 4:00							
4:00 - 4:30							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00							
6:00 - 6:30							
6:30 - 7:00							
7:00 - 7:30	Yoga - Dynamic	Yin Yoga	Yoga - Gentle		Yoga - Athletes		
7:30 - 8:00							
8:00 - 8:30				Aerial Yoga			
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00							

\* \$30 / class

\* attend 4 classes within 6 weeks and get a complimentary 5th loyalty class

\* call 68420885 / 83216170 for reservations