



Full Class Timetable - April, 2020

APRIL 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>29</p> <p>7:00AM HATHA Flow Yoga</p> <p>9:00AM 50hr Yin Yoga Teacher Training with Tara Fitzgibbon</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p>	<p>30</p> <p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>	<p>31</p> <p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>1 Apr</p> <p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>	<p>2</p> <p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>9:30AM Weekday L1 - 200hr Core Foundational Yoga Teacher Training</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>3</p> <p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p>	<p>4</p> <p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p> <p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p>
<p>5</p> <p>7:00AM HATHA Flow Yoga</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p>	<p>6</p> <p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p>	<p>7</p> <p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p>	<p>8</p> <p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p>	<p>9</p> <p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p>	<p>10</p> <p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p>	<p>11</p> <p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p>

	<p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>	<p>1:00PM REFORMER</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>	<p>9:30AM Weekday L1 - 200hr Core Foundational Yoga Teacher Training</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p>	<p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p>							
12	<p>7:00AM HATHA Flow Yoga</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p>	13	<p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>	14	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	15	<p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>	16	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	17	<p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>9:30AM Tuning into Teens YTT</p> <p>1:00PM REFORMER</p>	18	<p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p> <p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p> <p>9:30AM Tuning into Teens YTT</p>
19	20	21	22	23	24	25							

<p>7:00AM HATHA Flow Yoga</p> <p>8:00AM Tuning into Teens YTT</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p> <p>4:20PM 21 Day Yoga & Pilates Detox</p>	<p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>3:00PM AUTUMN RESET RETREAT & 21 DAY DETOX</p>	<p>6:00AM AUTUMN RESET RETREAT & 21 DAY DETOX</p> <p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p> <p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p>
<p>26</p> <p>6:00AM AUTUMN RESET RETREAT & 21 DAY DETOX</p> <p>7:00AM HATHA Flow Yoga</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p> <p>4:20PM 21 Day Yoga & Pilates Detox</p>	<p>27</p> <p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>5:00PM REFORMER</p>	<p>28</p> <p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>29</p> <p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA</p>	<p>30</p> <p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>1 May</p> <p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p>	<p>2</p> <p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p> <p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p>

	5:45PM REFORMER 7:30PM HATHA Flow Yoga		Yoga 7:35PM YIN Yoga			
--	--	--	-------------------------	--	--	--

This document is correct at the time of printing. For the most up to date **One Family Yoga & Fitness** full class timetable, please visit:
www.onefamilyyogafitness.com.au/timetable