



# ONE FAMILY

## Yoga & Fitness

# TIMETABLE

Effective OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Functional HIIT STUDIO + ZOOM 5:30 – 6:15	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45	Functional HIIT STUDIO + ZOOM 5:30 – 6:15	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45	Functional HIIT STUDIO + ZOOM 5:30 – 6:15	Functional HIIT STUDIO + ZOOM 6:00 – 6:45	
					MAT PILATES STUDIO + ZOOM 6:45 – 7:30	
HATHA Yoga STUDIO + ZOOM 9:15 – 10:15	MAT PILATES ZOOM 9:15 – 10:00	HATHA Yoga STUDIO + ZOOM 9:15 – 10:15	MAT PILATES ZOOM 9:15 – 10:00	MAT PILATES ZOOM 9:15 – 10:00	Hatha Flow Yoga STUDIO + ZOOM 8:15 – 9:15	HATHA Yoga STUDIO + ZOOM 8:15 – 9:15
			Yoga Teacher Training 9:30-2:30 *B*			
Little Warriors (5-10yrs, 11-17yrs) 3:30 – 4:30 *B*		Tween Girls Yoga (9-12yrs) 3:30 – 4:30 *B*	Little Yogis (5-9yrs) 3:30 – 4:30 *B*	Empowered Teen Girls (12-16yrs) 3:45 – 4:45 *B*		
Beginners Yoga 5:30 – 6:25 *B*		Family Yoga Parents + 5-16yrs 5:30 – 6:25 *B*				RESTORATIVE/ Yoga NIDRA STUDIO + ZOOM 3:00 – 4:15
HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35	HATHA/YIN Yoga STUDIO + ZOOM 5:45 – 7:00	HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35	YIN Yoga STUDIO + ZOOM 5:45 – 6:55			
HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35		HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35	PRENATAL YOGA 7:00 – 8:15 *B*			

\*B\* Bookings required



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 6:00 – 6:45 *B*	
REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 6:45 – 7:30 *B*	
REFORMER 6:30 – 7:15 *B*	REFORMER 6:30 – 7:15 *B*	REFORMER 6:30 – 7:15 *B*	REFORMER 6:30 – 7:15 *B*	REFORMER 6:30 – 7:15 *B*	REFORMER 7:30 – 8:15 *B*	REFORMER 7:30 – 8:15 *B*
					REFORMER 8:15 – 9:00 *B*	REFORMER 8:15 – 9:00 *B*
REFORMER 9:15 – 10:00 *B*	REFORMER 9:15 – 10:00 *B*	REFORMER 9:15 – 10:00 *B*	REFORMER 9:15 – 10:00 *B*	REFORMER 9:15 – 10:00 *B*		
REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*	REFORMER 5:00 – 5:45 *B*		
REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*	REFORMER 5:45 – 6:30 *B*		
REFORMER 6:30 – 7:15 *B*	REFORMER 7:00 – 7:45 *B*	REFORMER 6:30 – 7:15 *B*				