



# ONE FAMILY

Yoga & Fitness

# YOGA, HIIT, MAT PILATES TIMETABLE

XMAS 24<sup>th</sup> Dec – 1<sup>st</sup> Jan 2021

THURSDAY 24 <sup>th</sup> Dec	FRIDAY 25 <sup>th</sup> Dec	SATURDAY 26 <sup>th</sup> Dec	SUNDAY 27 <sup>th</sup> Dec	MONDAY 28 <sup>th</sup> Dec	TUESDAY 29 <sup>th</sup> Dec	WEDNESDAY 30 <sup>th</sup> Dec	Thursday 31 <sup>st</sup> Dec	FRIDAY 1 <sup>st</sup> Jan
	C H R	B O X						N E W
Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45*B*	I S T	I N G		Functional HIIT STUDIO + ZOOM 5:45 – 6:30*B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45*B*	Functional HIIT STUDIO + ZOOM 5:45 – 6:30*B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45*B*	Y E
	M A S	D A Y						A R S
	D A Y			HATHA Yoga STUDIO + ZOOM 9:15 – 10:15*B*		HATHA Yoga STUDIO + ZOOM 9:15 – 10:15*B*		D A Y
YIN Yoga STUDIO + ZOOM 5:45 – 6:55*B*					HATHA/YIN Yoga STUDIO + ZOOM 5:45 – 7:00			
						HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35		