



ONE FAMILY

Yoga & Fitness

TIMETABLE

Current as of Feb 2021

MONDAY	TUE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Functional HIIT STUDIO + ZOOM 5:30 – 6:15 *B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45 *B*	Functional HIIT STUDIO + ZOOM 5:30 – 6:15 *B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45 *B*	Functional HIIT STUDIO + ZOOM 5:30 – 6:15 *B*	Functional HIIT STUDIO + ZOOM 6:00 – 6:45 *B*	
					MAT PILATES STUDIO + ZOOM 6:45 – 7:30 *B*	
HATHA Yoga STUDIO + ZOOM 9:15 – 10:15 *B*	MAT PILATES ZOOM 9:15 – 10:00 *B*	HATHA Yoga STUDIO + ZOOM 9:15 – 10:15 *B*	MAT PILATES ZOOM 9:15 – 10:00 *B*	MAT PILATES ZOOM 9:15 – 10:00 *B*	Hatha Flow Yoga STUDIO + ZOOM 8:15 – 9:15 *B*	
			Yoga Teacher Training 9:30-2:30 *B*		Beginners Yoga 9:30 – 10:30 *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*		
		Family Yoga Parents + 5-16yrs 5:30 – 6:25 *B*				RESTORATIVE/ Yoga NIDRA STUDIO + ZOOM 3:00 – 4:15
	HATHA/YIN Yoga STUDIO + ZOOM 5:45 – 7:00 *B*		YIN Yoga STUDIO + ZOOM 5:45 – 6:55 *B*			
HATHA Flow Yoga STUDIO + ZOOM 7:15 – 8:15 *B*		HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35 *B*	PRENATAL YOGA 7:00 – 8:15 *B*			

*Classes subject to change, please see website for updates www.onefamilyyogafitness.com.au

B Bookings required