



ONE FAMILY

Yoga & Fitness

YOGA STUDIO TIMETABLE

Current as of 7 Feb 2022

MONDAY	TUE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Deep Stretch/YIN STUDIO + ZOOM 5:00 – 5:45 *B*	Yoga FIIT STUDIO + ZOOM 5:45 – 6:30 *B*			
Pilates FIIT STUDIO + ZOOM 5:45 – 6:30 *B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45 *B*	Yoga FIIT STUDIO + ZOOM 5:45 – 6:30 *B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45 *B*	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45 *B*		
		Deep Stretch/YIN STUDIO + ZOOM 6:30 – 7:15 *B*			Yoga FIIT STUDIO + ZOOM 7:30 – 8:15 *B*	
HATHA Yoga STUDIO + ZOOM 9:15 – 10:15 *B*	Yoga FIIT STUDIO + ZOOM 9:15 – 10:15 *B*	HATHA Yoga STUDIO + ZOOM 9:15 – 10:15 *B*	Yoga Teacher Training 9:30-2:30 *B*	HATH/RESTORATIVE STUDIO + ZOOM 9:15 – 10:15 *B*	Hatha Flow Yoga STUDIO + ZOOM 8:15 – 9:15 *B*	
	MUMS & BUBS Yoga 10:15 - 11:15am *B*	Yoga for OLDER GROWNUPS 10:30-11:30am *B*		Yoga for OLDER GROWNUPS 10:30-11:30am *B*		
				Empowered Teen Girls (12-17yrs) 3:45 – 4:45 *B*		RESTORATIVE/ Yoga NIDRA STUDIO + ZOOM 3:00 – 4:15
Beginners Yoga 6:05 -7:05 *B*	HATHA/YIN Yoga STUDIO + ZOOM 5:45 – 6:55 *B*	STRONG Flow STUDIO + ZOOM 5:30 – 6:30 *B*	Deep Stretch/YIN STUDIO + ZOOM 5:45 – 6:55 *B*			
HATHA Flow Yoga STUDIO + ZOOM 7:15 – 8:15 *B*		Deep Stretch/YIN STUDIO + ZOOM 6:35-7:20 *B*	PRENATAL YOGA 7:00 – 8:15 *B*			

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