



# ONE FAMILY

## Yoga & Fitness

# YOGA STUDIO TIMETABLE

Current as of August 2023

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

\*B\* Bookings required \*Classes subject to change, please see website for updates [www.onefamilyyogafitness.com.au](http://www.onefamilyyogafitness.com.au)