

YOGA TO GO STUDIO

WEEKLY TIMETABLE

COMMENCING SEPTEMBER, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM – 10AM Iyengar Yoga General	10AM – 11AM Yoga for Seniors 60+		10AM – 11AM Yoga for Healthy Aging 50+	10AM – 11.15AM Iyengar Yoga General	9:15AM – 10.30AM Iyengar Yoga General	
	11.30 – 12.30PM Seniors Yoga 60+ ONLINE		11.30 – 12.30PM Seniors Yoga 60+ ONLINE			
6-7PM Iyengar Yoga General	6-7PM Iyengar Yoga Beginner/ General	6-7PM Iyengar Yoga Beginner/ General				
7.15 – 8-15PM 8- week Beginner Yoga Commencing 19/06/2023						

Discover the many benefits of a consistent practice:
Strength, flexibility, calmness mental clarity and harmony.

Bookings are essential and can be made online
www.yogatogo.com.au or via the studio prior to attending
class.

Our live schedule can be found on the website and is
powered by Punchpass. Any last-minute cancellations,
changes, and substitutes will be updated there in real time.



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