

YOGA TO GO STUDIO WEEKLY TIMETABLE COMMENCING JANUARY 11, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sage Yoga Trials 9.30-10.30AM ONLINE		Sage Yoga Trials 9.30-10.30AM ONLINE		6.30-7.45AM Iyengar Yoga General	7:30 – 8:30AM 6- week Beginner Yoga Commencing 16/01/2021	9AM – 10.15AM Iyengar Yoga General
	10AM – 11AM Yoga for Seniors 60+		10AM – 11AM Iyengar Yoga Beginner	10AM – 11.15AM Iyengar Yoga General	10AM – 11.15AM Iyengar Yoga General ONLINE	
	11.30 – 12.30PM Seniors Yoga 60+ ONLINE		11.30 – 12.30PM Seniors Yoga 60+ ONLINE		9 – 10AM Pilates Mat General	
6 – 7.15PM Iyengar Yoga General	6-7PM Iyengar Yoga Beginner/ General	6-7PM 6- week Beginner Yoga Commencing 03/02/2021	6.00PM – 7.00PM Pilates Mat General			
7:30 – 8:30PM 6- week Beginner Yoga Commencing 01/02/2021	7.15 – 8-15PM 6- week Beginner Yoga Commencing 12/01/2021	7.15 – 8.30PM Iyengar Yoga General	7.15 – 8-15PM 6- week Beginner Pilates Commencing 14/01/2021			

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.



Yoga To Go Studio
106-108 Crystal Street, Petersham NSW 2049
E info@yogatogo.com.au W www.yogatogo.com.au
P 02 9569 0870

