

# Live Online Classes

IF YOU MISS A CLASS OR YOU'RE NOT A MORNING PERSON,  
ALL CLASSES ALONG WITH SHORTER YOGA BITES ARE SAVED  
TO THE GROUP FOR YOU TO REVISIT WHENEVER SUITS YOU



MON

TUE

WED

THU

FRI

SAT

SUN

**YC**  
9.30am  
20 min

**VF** 6.15am  
30 min

**GM** 8.30pm  
10-15 min

**RS**  
6.15am  
45 min

**VF**  
6.15am  
60 min

## YOGA CLASSES

YC - Yoga Conditioning 

VF - Vinyasa Flow 

RS - Restore 

GM - Guided Meditation 

Contact Tristin

t. 027 223 9982 e. [tristin@theyogaclub.co.nz](mailto:tristin@theyogaclub.co.nz)

Find us on  [@theyogaclubnz](https://www.facebook.com/theyogaclubnz)

[www.theyogaclub.co.nz](http://www.theyogaclub.co.nz)

