



# AGOY YOGA

**FOUNDATION:** Learn the basic, foundational yoga postures, ideal for beginners.

**MIXED:** Explore a broader & more challenging range of yoga postures.

**UNWIND:** Classes with a focus on reducing stress in the body and mind.

Classes marked with  
\* are 75 minutes  
# are 45 minutes  
all others are 60 minutes

## Darwin Studio: 28 Bishop St Woolner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am ASHTANGA	6:15am VINYASA		6:15am IYENGAR			
9:00am * IYENGAR		9:00am * HATHA		9:00 am * ASHTANGA	9:00 am * HATHA VINYASA	9:00 am * IYENGAR
				12pm # SLOW FLOW (Oaks Hotel)	10:30 am * ROLL & RELEASE	10:30 am * YIN
5:15pm * IYENGAR	5:15pm VINYASA	5:15pm IYENGAR	5:15pm VINYASA	5:15pm * YIN		
		6:30pm RESTORATIVE				4:00pm * VINYASA

Starting 27<sup>th</sup> February: Lunch Express at Oaks Hotel 31-33 Woods Street (CBD) Fridays 12 pm | 45 min | Slow Flow

## Palmerston Studio: 22 Georgina Crescent Yarrowonga

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00am * HATHA		9:00am * ASHTANGA	8:30am # HATHA RESTORE	9:00am * HATHA	9:00am * VINYASA
						10:30am * RESTORATIVE
5:15pm * HATHA	5:15pm IYENGAR	5:15pm VINYASA	5:15pm * IYENGAR			
6:45pm # RESTORATIVE		6:30pm YIN				

These classes are offered once fortnightly, check Mومence app for dates