



Timetable from Monday 12 to Sunday 25 January 2026

M: 0439 023 389 (Helen)

182 River Street, Ballina
NSW 2478

W: ballinayoga.com

E: info@ballinayoga.com

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		5.20 - 5.45am Meditation FREE CLASS				
6.00 - 7.30am General Helen		6.00 - 7.30am General Helen				
9.00-11.00am LED Practice Helen	9.30-11.00am General Kerri	9.00-11.00am Advanced Helen	9.30 -11.00am General Kerri	9.30-11.00am Foundation Helen	8.00am-9.30am Experienced Helen	
	11.15 - 12.30pm Remedial Helen & Kerri	1.30-2.30pm Slow paced Helen			10.00 -11.30am Foundation Helen	
5.00-6.30pm General Helen	5.30 - 6.45pm Beginners Helen	5.00 - 6.30pm General Helen		5.30 - 6.30pm Restorative Kerri		

PRICE PER CLASS

Casual \$25; Concession \$20
10 classes = \$190 (\$19/class)

5 classes = \$100 (\$20/class); Concession \$90 (\$19/class)
20 classes = \$340 (\$17/class)
LED Practice = \$110 (10 classes) or \$15 casual