



## Timetable from Monday 12 to Sunday 25 January 2026

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

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### 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