

Timetable from Monday 17 October to Sunday 10 December 2022



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 Helen FREE CLASS				
6:00 - 7:30am General Helen		6:00 - 7:30am General Helen				
	9:30 - 11:00am General Kerri	9:00 - 11:00am Advanced Helen	9:30 - 11:00am General Helen	9:30 - 11:00am General Kate	8:00 - 9:30am Intermediate Helen	Monthly workshops/events TBA
				11.30am-12.45pm Beginners Kate	10:00 - 11:15am Beginners Kerri	
5:00 - 6:30pm General Helen	5:00 - 6.15pm Beginners Andy		5:00 - 6:30pm General Helen	5:30 - 6:30pm Restorative Helen		

PRICE PER CLASS

Casual \$21
10 classes = \$170 (\$17/class)

5 classes = \$90 (\$18/class)
20 classes = \$320 (\$16/class)