

Timetable from Monday 2 October to Sunday 24 December 2023



M: 0439 023 389 (Helen)

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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				
9.30-11am Beginners Helen	9.30-11am General Kerri	9-11am Advanced Helen	9.30-11am General Helen	9.30-11am Experienced Kate	8-9.30am Experienced Helen	
					10-11.30am Beginners Kerri	
5-6.30pm General Helen	5-6.30pm Beginners Andy		5-6.30pm Experienced 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)