



Timetable from Monday 22 to Sunday 28 April 2024

M: 0439 023 389 (Helen)

182 River Street, Ballina
NSW 2478

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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				
9.00-11.00 Advanced Helen	9.30-11.00am General Kerri	9.00-11.00am Advanced Helen	9.30-11.00am General Helen	9.30-11.00am Beginners Kate	YOGA INTENSIVE	YOGA INTENSIVE
					10.45-12.15pm Beginners Kerri	
5.00-6.30pm General Helen	5.00-6.30pm Beginners Andy	5.30-7.00pm Foundation Andy	5.00-6.30pm Experienced Helen	YOGA INTENSIVE	YOGA INTENSIVE	YOGA INTENSIVE

PRICE PER CLASS

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

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