

## Timetable from Monday 1 to Sunday 28 April 2024



M: 0439 023 389 (Helen)

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| Mon                                    | Tue                                     | Wed                                              | Thu                                        | Fri                                        | Sat                                        | Sun |
|----------------------------------------|-----------------------------------------|--------------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|-----|
|                                        |                                         | 5.20 - 5.45am<br><b>Meditation</b><br>FREE CLASS |                                            |                                            |                                            |     |
| 6.00-7.30am<br><b>General</b><br>Helen |                                         | 6.00 - 7.30am<br><b>General</b><br>Helen         |                                            |                                            |                                            |     |
| 9.00-11.00<br><b>Advanced</b><br>Helen | 9.30-11.00am<br><b>General</b><br>Kerri | 9.00-11.00am<br><b>Advanced</b><br>Helen         | 9.30-11.00am<br><b>General</b><br>Helen    | 9.30-11.00am<br><b>Beginners</b><br>Kate   | 8.00-9.30am<br><b>Experienced</b><br>Helen |     |
|                                        |                                         |                                                  |                                            |                                            | 10.00-11.30am<br><b>Beginners</b><br>Kerri |     |
| 5.00-6.30pm<br><b>General</b><br>Helen | 5.00-6.30pm<br><b>Beginners</b><br>Andy | 5.30-7.00pm<br><b>Foundation</b><br>Andy         | 5.00-6.30pm<br><b>Experienced</b><br>Helen | 5.30-6.30pm<br><b>Restorative</b><br>Kerri |                                            |     |

### PRICE PER CLASS

Casual \$21

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

5 classes= \$90 (\$18/class)

20 classes= \$320 (\$16/class)