

Timetable from Monday 18 to Sunday 31 March 2024



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				
9.00-11.00am 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	8-9.30am Experienced Helen	
					10-11.30am 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	5.30-6.30pm Restorative Kerri		

PRICE PER CLASS

Casual \$21

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

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

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