

Timetable from Monday 27 January to Sunday 2 February 2025



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	6.15 - 8.00am Advanced Led Practice	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 Kerri	9.30-11.00am Foundation Kate	8.00 - 9.30am Experienced Helen	
					10.00 - 11.30am Foundation Helen	
5.00 - 6.30pm General Helen	5.30 - 6.45pm Beginners Andy	5.00 - 6.30pm General Helen				

PRICE PER CLASS

Casual \$25; Concession \$20

10 classes = \$190 (\$19/class)

5 classes = \$100 (\$18/class); Concession \$90 (\$18/class)

20 classes = \$340 (\$17/class)