



Timetable from Monday 22 to Sunday 28 December 2025

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				
	9.30-11.00am General Kerri	9.00-11.00am Advanced Helen				
	11.15 - 12.30pm Remedial Helen & Kerri					
5.00-6.30pm General Helen	5.30 - 6.45pm Beginners Andy					

PRICE PER CLASS

Casual \$25; Concession \$20
10 classes = \$190 (\$19/class)

5 classes = \$100 (\$20/class); Concession \$90 (\$19/class)
20 classes = \$340 (\$17/class)