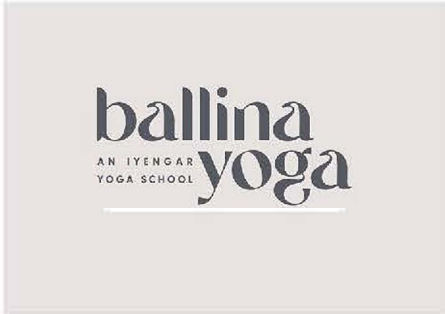


Timetable from Monday 14 to Sunday 8 December 2024



M: 0439 023 389 (Helen)

182 River Street, Ballina
NSW 2478

W: ballinayoga.com

E: info@ballinayoga.com

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		5.15 - 5.45am Meditation FREE CLASS				
6.00-7.30am General Helen		6.00 - 7.30am General Helen				
9.00-11.30am 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	8.00 - 9.30am Experienced Helen	
					10.00 - 11.30am Foundation Kerri	
5.00-6.30pm General Helen	5.30-7.00pm Beginners Andy	5.30 - 7.00pm Foundation Andy	5.00-6.30pm Experienced Helen	5.30 - 6.30pm Restorative Kerri		

PRICE PER CLASS

Casual \$25; Cpncession \$20
10 classes= \$90 (\$19/class)

5 classes= \$100 (\$18/class); Cpncession \$90 (\$18/class)
0 classes= \$340 (\$17/class)