

Timetable from Monday 13 to Sunday 19 January 2025



M: 0439 023 389 (Helen)

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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				
9.00-11.00am Advanced Helen	9.30-11.00am General Kerri	9.00-11.00am Advanced Helen	9.30-11.00am General Kerri	9.30-10.45am Remedial Helen/Kerri	8.00 - 9.30am Experienced Helen	
					10.00 - 11.30am Foundation Helen	
5.00-6.30pm General Helen	5.30-6.45pm Beginners Helen	5.00 - 6.30pm General Helen				

PRICE PER CLASS

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

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