

ALBANY YOGAROOM

Class timetable

1 NOVEMBER 2019 - 1 JUNE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am YOGA WITH JOY <i>Joy</i>		Early morning at Middleton Beach YOGA WITH JOY <i>(enquire for details)</i>		6:00 – 7:00 am YOGA WITH JOY <i>Joy</i>		
9:15 – 10:30 am OPEN TO ALL LEVELS YOGA <i>Claire</i>	9:15 – 10:30 am MUDRAS, MANTRAS & MEDITATION <i>Joy</i>	9:15 – 10:30 am OPEN TO ALL LEVELS YOGA <i>Joy</i>	9:15 – 10:30 am OPEN TO ALL LEVELS YOGA <i>Claire</i>	9:15 – 10:30 am YIN YOGA <i>Claire</i>	8:00 – 9:15 am OPEN TO ALL LEVELS YOGA <i>Monika</i>	8:00 – 9:15 am SUNDAY YOGA <i>Jennie</i>
11:00 – 12:15 pm WOMEN'S YOGA <i>Joy</i>	12:45 – 2:00 pm INTERMEDIATE HATHA YOGA <i>Claire</i>		11:45 – 12:30 pm YIN YOGA <i>Claire</i>			
4:00 – 5:00 pm YOGA FOR KIDS <small>(DURING SCHOOL TERM ONLY)</small> <i>Narelle</i>		4:00 – 5:00 pm YOGA FOR TEENS <small>(DURING SCHOOL TERM ONLY)</small> <i>Marnie</i>				
6.00 – 7:15 pm OPEN TO ALL LEVELS YOGA <i>Tash</i>	6.00 – 8:00 pm INTERMEDIATE/ ADVANCED HATHA YOGA <i>Graeme</i>	6:00 – 7:15 pm BEGINNERS / INTERMEDIATE HATHA YOGA <i>Joy</i>	5:45 – 7:00 pm OPEN TO ALL LEVELS YOGA <i>Jennie</i>	6.00 – 7:15 pm RESTORATIVE YOGA <i>Tash</i>		

75min Class	\$ 18
45min / 60min Class	\$ 15
Concession Card	\$ 13
Kids and Teens Classes	\$ 12
Special Family Rate (2 people / same household / same class)	\$ 28
3 Class Pass (2 month expiry)	\$ 50
10 Class Pass (4 month expiry)	\$ 140
Monthly Pass (1 month expiry)	\$ 130
Private 60min Class	\$ 75

Please note: Casual classes cash only. Direct debit available for class passes. Class pass purchases are non-refundable and non-transferable. Doors open 15 minutes before class start time. No bookings required. No classes on public holidays.

BEGINNERS / INTERMEDIATE / ADVANCED HATHA YOGA

Classic asanas / postures that bring alignment and connection of the mind, body and spirit. Students are encouraged to work at their own level with full instruction.

OPEN TO ALL LEVELS YOGA

The whole spectrum of yoga, open to all levels of experience and bodies.

YOGA WITH JOY

A one hour class encompassing a fusion of styles to bring a joyous start to your day.

YIN / RESTORATIVE YOGA

Long holds to soften and settle the body and mind. Suitable for beginners through to advanced practitioners.

WOMEN'S YOGA

A therapeutically focused class that targets women's health and wellbeing (also perfect for pregnant women).

MUDRAS, MANTRAS & MEDITATION

An enlightening class that encompasses asanas (postures), yoga philosophy, meditation, mudras and pranayama (breath work). A great way to gain a deeper understanding of your yoga practice.

YOGA FOR KIDS (AGED 7-11)

Plant the beneficial seeds of yoga through creative movement and mindfulness in a fun and nurturing environment, allowing children to learn, stretch and grow.

YOGA FOR TEENS (AGED 12-16)

Empower and set good foundations during the challenging teen years. Through yoga encourage good self esteem, inner connection, healthy bodies and healthy minds.