

# ALBANY YOGAROOM

## Class timetable

1 AUGUST - 1 NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am <b>YOGA WITH JOY</b> <i>Joy</i>		Early morning at Middleton Beach <b>YOGA WITH JOY</b> <i>(enquire for details)</i>		6:00 – 7:00 am <b>YOGA WITH JOY</b> <i>Joy</i>		
9:15 – 10:30 am <b>OPEN TO ALL LEVELS YOGA</b> <i>Joy</i>	9:15 – 10:30 am <b>MUDRAS, MANTRAS &amp; MEDITATION</b> <i>Joy</i>	9:15 – 10:30 am <b>OPEN TO ALL LEVELS YOGA</b> <i>Joy</i>	9:15 – 10:30 am <b>OPEN TO ALL LEVELS YOGA</b> <i>Joy</i>	9:15 – 10:30 am <b>REST &amp; RENEW YIN/RESTORATIVE</b> <i>Tash</i>	8:00 – 9:15 am <b>FLOW YOGA</b> <i>Monika</i>	8:00 – 9:30 am <b>PRACTICE &amp; PRANAYAMA</b> <i>Jennie</i>
11:00 – 12:15 pm <b>WOMEN'S YOGA</b> <i>Joy</i>	11:45 – 12:30 pm <b>LUNCHTIME HATHA YOGA</b>		11:45 – 12:30 pm <b>LUNCHTIME YIN YOGA</b>			
4:00 – 5:00 pm <b>YOGA FOR KIDS</b> <small>(DURING SCHOOL TERM ONLY)</small> <i>Narelle</i>						
6.00 – 7:15 pm <b>FLOW YOGA</b> <i>Monika</i>	6.00 – 8:00 pm <b>OPEN TO ALL LEVELS YOGA</b> <i>Graeme</i>	6:00 – 7:15 pm <b>HATHA FUSION</b> <i>Joy</i>	5:45 – 7:00 pm <b>OPEN TO ALL LEVELS YOGA</b> <i>Jennie</i>	<b>EVENTS EVENING</b> <i>Check website and social media for upcoming events!</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.

### 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.

### FLOW YOGA

An energetic and heating class satisfying the physical body. Open to all levels, but some level of fitness is recommended.

### HATHA FUSION

Hatha foundations with elements of various yoga styles brought in to the practice for an all encompassing yoga class.

### PRACTICE & PRANAYAMA

A solid foundation yoga class with a good component of pranayama (breath work).

### LUNCHTIME YOGA YIN / HATHA

Step away from your day for 45 minutes to stretch the body in a Yin (gentle) or Hatha (dynamic) style to clear the mind, find the breath and reconnect.

### 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.