

ALBANY YOGAROOM

Class timetable

1 JULY - 31 DECEMBER 2021

| 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>Joy</i> | 9:15 – 10:30 am GENTLE YOGA & 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>Joy</i> | 9:15 – 10:30 am REST & RENEW YIN/RESTORATIVE <i>Tash</i> | 8:00 – 9:15 am FLOW YOGA <i>Monika</i> | 8:00 – 9:30 am PRACTICE & PRANAYAMA <i>Jennie</i> |
| 11:00 – 12:15 pm WOMEN'S YOGA <i>Joy</i> | | | | | | |
| 4:00 – 5:00 pm YOGA FOR KIDS <small>(DURING SCHOOL TERM ONLY)</small> <i>Narelle</i> | | | | | | <p><i>Keep up to date with our latest info on Facebook and Instagram!</i></p>   |
| 6:00 – 7:15 pm FLOW YOGA <i>Monika</i> | 6:00 – 8:00 pm OPEN TO ALL LEVELS YOGA <i>Jennie</i> | 6:00 – 7:15 pm REST & RENEW YIN/RESTORATIVE <i>Joy</i> | 6:00 – 7:15 pm OPEN TO ALL LEVELS YOGA <i>Amy</i> | EVENTS EVENING <i>Check website and social media for upcoming events!</i> | | |

75 Minute Class \$ 18

45 Minute / 60 Minute Class \$ 15

Concession Card \$ 13

Kids and Teens Classes \$ 12

3 Class Pass (2 month expiry) \$ 50

10 Class Pass (4 month expiry) \$ 140

One Week Unlimited Pass \$ 45

One Month Unlimited Pass \$ 130

Private 60 Minute Class \$ 75

EFTPOS or cash payment accepted. Direct debit available for class passes – Albany Yoga Room, BSB 302-162, Account 1455812. Class pass purchases are non-refundable and non-transferable.

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.

PRACTICE & PRANAYAMA

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

FLOW YOGA

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

GENTLE YOGA & MEDITATION

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

WOMEN'S YOGA

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

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.

Doors open 15 minutes before class.
No bookings required.
No classes on public holidays.

ALBANY
YOGAROOM

2/90 Frederick Street, Albany WA | Joy 0412 229 931 |  
www.albanyyogaroom.com.au | joy@albanyyogaroom.com.au