

Shop 3 / 262 Woolcock Centre
Woolcock Street Currajong 4812



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Timetable

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|------------------|--------------------------|---|----------------------------|
| Monday | 7:30am - 9:00 am | Easy Yoga | Tracey Uber Cook |
| | 9:30am - 11:00 am | Easy Yoga | Carol Alvis |
| | 11:15am - 11:45am | Meditation Session | Carol Alvis |
| | 6:00pm - 7:30pm | General + Yoga | Nigel Treloar |
| Tuesday | 6:00am - 7:30am | General Yoga | Tracy Armstrong |
| | 9:30am - 11:00am | General Yoga | Carol Alvis |
| | 4:15pm - 5:30pm | Yin Yoga (all levels) | Isabella Cannon |
| | 6:00pm - 7:15pm | Foundation Yoga | Carol Alvis |
| Wednesday | 9:00am - 10:15am | Easy Yoga (Chair) | Carol Alvis |
| | 10:30am - 11:45am | Foundation Yoga | Kyrani Bastian |
| | 6:00pm - 7:15pm | Foundation Yoga | Kylie Jaques |
| | 7:30pm - 8:45pm | Yin Yoga (all levels) | Amy Proud |
| Thursday | 6:00am - 7:30am | General + Yoga | Tracy Armstrong |
| | 9:30am - 11:00am | Easy Yoga | Rachel Bowater |
| | 6:00pm - 7:45pm | Advanced Yoga (experience required) | Nigel Treloar |
| Friday | 9:30am - 11:00 am | General Yoga | Jasmine Healy-Pagan |
| | 5:30pm - 6:45pm | Easy Yoga | Carol Alvis |
| | 7:00pm - 8:15pm | Beginners Course (4 week course, booking required) | Carol Alvis |
| Saturday | 9:00am - 10:15am | Foundation Yoga | Linda Sharpe |
| | 10:30am - 12:15pm | Advanced Yoga (experience required) | Tracy Armstrong |
| Sunday | 9:00am - 10:15am | Foundation Yoga | Carol Alvis |
| | 10:30am - 12:00pm | General Yoga | Carol Alvis |
| | 12:15pm - 1:30pm | Beginners Course (4 week course, booking required) | Carol Alvis |
| | 4:45pm - 6:00pm | Yin Yoga | Amy Proud |

Easy, Foundation and Yin classes are suitable for beginners and experienced students
General and General + classes require some yoga knowledge
Advanced classes are open to experienced students only