

Shop 3 / 262 Woolcock Centre
Woolcock Street Currajong 4812



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Timetable

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	Kylie Jaques
	9:30am - 11:00am	General Yoga	Carol Alvis
	11:15am - 12:30pm	Easy Yoga (Chair)	Carol Alvis
	4:15pm - 5:30pm	Yin Yoga (all levels)	Isabella Cannon
	6:00pm - 7:15pm	Foundation Yoga	Carol Alvis
Wednesday	6:00am - 7:30am	General Yoga	Rachel Bowater
	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)	Kyrani Bastian
Thursday	6:00am - 7:30am	General Yoga	Kylie Jaques
	9:00am - 10:30am	Easy Yoga	Cherie Louise
	11:00am - 12:15pm	Easy Yoga (Chair)	Cherie Louise
	6:00pm - 7:30pm	General + Yoga	Nigel Treloar
Friday	9:30am - 11:00 am	General Yoga	Jasmine Healy-Pagan
	5:30pm - 6:45pm	Easy Yoga	Cherie Louise
Saturday	7:15am - 8:30am	General + Yoga	Amy Proud
	9:00am - 10:15am	Foundation Yoga	Kyrani Bastian
	11:00am - 12:15pm	Easy Yoga (Chair)	Cherie Louise
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 (all levels)	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