

Shop 3 / 262 Woolcock Centre
Woolcock Street Currajong 4812



M: 0410 085 054
W: yogahealth.net.au

Timetable

Monday	9:30am - 11:00 am	Easy Yoga	Carol Alvis
	11:30am - 12:45pm	Easy Chair Yoga	Carol Alvis/ Gwen Maas
	6:00pm - 7:30pm	General Yoga	Nigel Treloar
Tuesday	9:30am - 11:00am	General Yoga	Carol Alvis
	11:15am - 12:30pm	Easy Chair Yoga	Carol Alvis
	6:00pm - 7:15pm	Foundation Yoga	Carol Alvis
Wednesday	9:00am - 10:15am	Foundation Chair Yoga	Carol Alvis
	10:30am - 11:45am	Foundation Yoga	Carol Alvis
	4:30pm - 6:00pm	Yin Yoga (all levels)	Cindy Gilboy
Thursday	9:30am - 11:00am	Easy Yoga	Gwen Maas
	6:00pm - 7:30pm	General + Yoga	Nigel Treloar
Friday	9:30am - 10:45 am	General Yoga	Gwen Maas
	11:30am - 12:45pm	Easy Chair Yoga	Cherie Louise/ John Schluter
	5:30pm - 6:45pm	Easy Yoga	Amy Proud
Saturday	9:00am - 10:15am	Foundation Yoga	Kyrani Bastian
	11:00am - 12:15pm	Easy Chair Yoga	Vanessa Clem/ Gwen Maas
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
	4:30pm - 6:00pm	Yin Yoga (all levels)	Kylie Jaques

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