

ALBANY YOGAROOM

Class timetable

CURRENT UNTIL 30 APRIL 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|--|--|
| 6:00 – 7:00 am YOGA WITH JOY <i>Joy</i> | | 6:00 – 7:00 am YOGA WITH JOY <i>Joy</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 YIN YOGA <i>Joy</i> | 8:00 – 9:15 am ADVANCED VINYASA (EXPERIENCE ESSENTIAL) <i>Joanne</i> | 8:00 – 9:30 am PRACTICE & PRANAYAMA <i>Jennie</i> |
| 11:00 – 12:15 pm WOMEN'S YOGA <i>Joy</i> | | | 11:45 – 12:30 pm YIN YOGA <i>Joy</i> | | 10:00 – 11:00 am GENTLE VINYASA <i>Susie</i> | Keep up to date with our latest info on Facebook and Instagram   |
| 6:00 – 7:15 pm YIN YOGA <i>Joanne</i> | 6:00 – 8:00 pm OPEN TO ALL LEVELS YOGA <i>Jennie</i> | 6:00 – 7:15 pm YIN YOGA <i>Joy</i> | 6:00 – 7:15 pm OPEN TO ALL LEVELS YOGA <i>Joy</i> | EVENTS EVENING <i>Check website and social media for upcoming events!</i> | | |

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| 75 Minute Class | \$ 20 |
| 60 Minute Class | \$ 17 |
| Concession Card | \$ 15 |
| 3 Class Pass (6 month expiry) | \$ 55 |
| 10 Class Pass (12 month expiry) | \$ 160 |
| 1 Week Unlimited Pass | \$ 60 |
| Monthly Pass (valid for 4 weeks from date of purchase, up to a maximum of 20 classes) | \$ 150 |
| Private 60 Minute Class | \$ 85 |

EFTPOS or cash payment accepted. Direct debit available for class passes – Albany Yoga Room, BSB 062-692, Account 77450188. All multiple class passes are non-refundable and non-transferable. No holds or extensions on class passes.

ALBANY
YOGAROOM

YOGA WITH JOY

A one hour class encompassing a fusion of styles to bring a joyous start to your day.

YIN YOGA

A floor-based practice with minimal props and longer holds that focuses on the fascia and deep connective tissues of the body.

GENTLE YOGA & MEDITATION

An enlightening class that encompasses asanas (postures), meditation and pranayama (breath work). Suitable for beginners to advanced students.

WOMEN'S YOGA

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

OPEN TO ALL LEVELS YOGA

The whole spectrum of Hatha yoga, open to all levels of experience.

PRACTICE & PRANAYAMA

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



VINYASA YOGA

Reconnect with the self through a dynamic, heating and strength building vinyasa (flowing) practice.

Advanced Vinyasa – Recommended for fit and experienced yoga students only.

Gentle Vinyasa – Recommended for beginners and those wanting a gentler pace.

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

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