

# ALBANY YOGAROOM

## Class timetable

CURRENT UNTIL 31 DECEMBER 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 VINYASA 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 POSTURE & PRANAYAMA <i>Jennie</i>
11:00 – 12:00 pm WOMEN'S 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 – 7:15 pm VINYASA YOGA <i>Karina</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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Casual Class \$ 20

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Concession Card \$ 16

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3 Class Pass (6 month expiry) \$ 55

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10 Class Pass (12 month expiry) \$ 160

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7 Day Pass \$ 70  
(maximum of 7 classes over 7 days)

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Monthly Pass \$ 170  
(maximum of 20 classes over 4 weeks)

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Private 60 Minute Class \$ 85

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Corporate bookings available – email enquiries to [joy@albanyyogaroom.com.au](mailto:joy@albanyyogaroom.com.au)

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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.

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## OPEN TO ALL LEVELS YOGA

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

## POSTURE & PRANAYAMA

*An extended class all about the postures, alignment and the breath, taught in the traditions of the Hatha and Iyenga styles*

## VINYASA YOGA

*A more dynamic, heating and strengthening practice.*

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

**Vinyasa Yoga** – Suitable for all levels of experience.

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

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## 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

*Gentle Hatha Yoga suitable for beginners or those wanting a gentler pace.*

## WOMEN'S YOGA

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

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

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