



YOGA

Class Schedule

Tuesday

11:30AM – 12:30PM

Chair Yoga – Jacke

6:30PM – 7:30PM

Yin Yoga – Kimberley

Wednesday

9:30AM – 10:30PM

Hatha Basic – Level 1 – Jacke

11:30AM – 12:30PM

Chair Yoga – Corina

Thursday

9:30AM – 10:30AM

Yin Yoga – Jacke

4:00PM – 5:00PM

Calmer Kids – Kellie

6:00PM – 7:00PM

Yin & Sound – Jacke

Friday

9:30AM – 10:30PM

Beginners Basic – Jacke

11:30AM – 12:30PM

Chair Yoga – Jacke

Saturday

9:30AM – 10:30AM

Gentle Yoga – Jacke

For more information about classes visit our website

www.saltspaceyogastudio.com.au



Updated July 2025