



YOGA

Class Schedule

Monday

10:15AM - 11:15AM

Yin Yang Yoga - Kimberley

5:30PM - 6:30PM

Family Yoga - Kellie

Tuesday

11:30AM - 12:30PM

Yin Chair Yoga - Jacke

6:30PM - 7:30PM

Yin Yoga - Kimberley

Wednesday

11:30AM - 12:30PM

Chair Yoga - Corina

6:00PM - 7:00PM

Kundalini Yoga - Dillon

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 April 2026

