



BALANCE YOGA SYDNEY

mind body therapies

Glebe Timetable

Start your wellness journey today.

Upcoming Courses and Events:

Meditation Course

Mums and Bubs Course

Beginners Foundation
of Yoga Course

Govinda Valley Yoga Retreat
5th - 8th April















































Yoga for Anxiety Course

Teacher Training - Level 1, Level 2,
Restorative and Pre & Postnatal

COURSES RUN EVERY 6 WEEKS

Balance Yoga Sydney | Level 1, 181a Glebe Pt Road, Glebe NSW 2037 | (02) 9660 6656
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am Open Yoga 	6:30am Open Yoga 	6:30am Open Yoga 	6:30am Open Yoga 	6:30am Open Yoga 	7:30am Open Yoga 	9:00am Open Yoga 
10:00am Open Yoga 	9:30am Pilates 	10:00am Open Yoga 		9:30am Pilates 	8:45am Open Yoga* 	10:00am Pilates 
	10:00am Open Yoga 	10:30am ☉ Mums and Bubs 	10:00am Open Yoga 	10:00am Open Yoga** 	9:00am Beginners Yoga 	11:00am Open Yoga** 
		11:00am Okido Yoga 			10:00am Prenatal Yoga 	
		12:30pm Yoga Donation 		12:00pm Yoga Recovery 	11:00am Pilates 	
6:00pm Pilates 	6:00pm Prenatal Yoga 	6:00pm Pilates 	6:00pm Open Yoga 		11:00am Open Yoga** 	4:00pm Open Yoga 
6:30pm Open Yoga* 	6:00pm Open Yoga 	6:30pm Open Yoga 	6:00pm Pilates 			5:00pm Restorative Yoga 
7:00pm ☉ Yoga for Anxiety 	7:00pm Yin Yoga 	7:00pm Restorative Yoga 	7:00pm Yin Yoga 	7:00pm Open Yoga** 	4:00pm Open Yoga 	
7:00pm ☉ Meditation 	7:00pm Beginners Yoga 	8:00pm Women's Yoga 	7:00pm ☉ Beginners Yoga (Foundation) 		5:00pm Yin Yoga 	

Timetable current as at the 14th of January 2019. All classes are 1 hour unless specified - *1 hour 15 min class **1 hour 30 min class.
All course classes marked with ☉. Donations are made to CaraCare helping children in trauma.