



## MARCH 2026

MON	TUE	WED	THU	FRI	SAT	SUN
30 6pm Carolyn casual	31					1
2 6pm Carolyn casual	3 9.30am Vera	4 5.30pm Troy casual	5 6am Carolyn casual 9.30am Troy casual	6	7 8am Carolyn casual	8
9 6pm Carolyn casual	10 9.30am Troy casual	11 5.30pm Troy casual	12 6am Carolyn casual 9.30am Troy casual	13	14 8am Carolyn casual	15
16 6pm Carolyn casual	17 9.30am Troy casual	18 5.30pm Troy casual	19 6am Carolyn casual 9.30am Troy casual	20	21 8am Carolyn casual	22
23 6pm Carolyn casual	24 9.30am Troy casual	25 5.30pm Troy casual	26 6am Carolyn casual 9.30am Troy casual	27	28 8am Carolyn casual	29

## APRIL 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1 5.30pm Troy casual	2 6am Carolyn casual 9.30am Troy casual	3 Good Friday	4 Easter	5 Easter
6 Easter Monday	7 9.30am Troy casual	8 5.30pm Troy casual	9 6am Carolyn casual 9.30am Troy casual	10	11 8am Carolyn casual	12
13 6pm Carolyn casual	14 9.30am Troy casual	15 5.30pm Troy casual	16 6am Carolyn casual 9.30am Troy casual	17	18 8am Carolyn casual	19
20 6pm Carolyn casual	21 9.30am Troy casual	22 5.30pm Troy casual	23 6am Carolyn casual 9.30am Troy casual	24	25 Anzac Day	26
27 6pm Carolyn casual	28 9.30am Vera 1/5	29 5.30pm Polly 1/5	30 6am Polly 1/5 9.30am Polly 1/5	Notes		

### Class and Instructor Contact Information

Polly and Vera's classes must be booked online: [www.herveybayyoga.com.au](http://www.herveybayyoga.com.au)

All other classes casual attendance welcome:

Carolyn: 0408 407983

Troy: email [Yogakgari@gmail.com](mailto:Yogakgari@gmail.com) or FACEBOOK: [Yoga Hervey Bay](https://www.facebook.com/YogaHerveyBay)

Want more time on the mat? Join our Member Community for unlimited personal practice space.

All equipment supplied including mats, blocks, belts, bolsters etc.

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