

# W I N T E R 2 0 2 0 T I M E T A B L E

## MONDAY

### SUNRISE BALANCED PRACTICE FLOW

ZOOM ONLY

**7:00AM - 8:00AM**

WITH LIZ BENNETT

## TUESDAY

### GENTLE YOGA

ZOOM & IN-STUDIO

**10:00AM - 11:00AM**

WITH DONNA NOLAN  
(nee Gianniotis)

### SPORTS RECOVERY YOGA

ZOOM & IN-STUDIO

**6:00PM - 7:00PM**

WITH ANA ARRUZZA

## WEDNESDAY

### YOGA THERAPY GROUP CLASS

ZOOM & IN-STUDIO

**11:00AM - 12:00PM**

WITH LIZ BENNETT

### SUNSET BALANCED PRACTICE FLOW

ZOOM & IN-STUDIO

**6:00PM - 7:00PM**

WITH LIZ BENNETT

### YIN YOGA BY CANDLELIGHT

ZOOM & IN-STUDIO

**7:30PM - 8:30PM**

WITH LEAH SIZELAND

## FRIDAY

### BALANCED PRACTICE FLOW

ZOOM & IN-STUDIO

**7:00AM - 8:00AM**

WITH LIZ BENNETT

### MYSORE STYLE ASTANGA

IN-STUDIO ONLY

**9:15AM - 10:30AM**

WITH DEBBIE GILLIGAN

## ADDRESS

### WARRIWOOD SURF LIFE SAVING CLUB

Narrabeen Park Parade  
Warriewood, NSW 2102

## B A L A N C E D P R A C T I C E



[www.balancedpracticeyoga.com](http://www.balancedpracticeyoga.com)

## CONTACT

### LIZ BENNETT

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