

S P R I N G 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

SOOTHING YOGA

IN-STUDIO ONLY

6:00PM - 7:00PM

WITH JANE MACNAUGHT

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

BALANCED FLOW

IN-STUDIO ONLY

9:30AM - 10:30AM

WITH CARLY SKEERS

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

THURSDAY

YOGA THERAPY GROUP CLASS

IN-STUDIO ONLY

9:30AM - 10:30AM

WITH ROSIE CAUNT

FRIDAY

BALANCED PRACTICE FLOW

ZOOM & IN-STUDIO

7:00AM - 8:00AM

WITH LIZ BENNETT

MYSORE STYLE ASTANGA

IN-STUDIO ONLY

9:15AM - 10:30AM

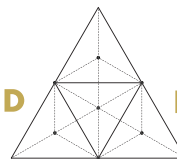
WITH DEBBIE GILLIGAN

ADDRESS

WARRIEWOOD SURF LIFE SAVING CLUB

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BALANCED PRACTICE



Y O G A

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CONTACT

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