

S U M M E R 2 0 2 1 T I M E T A B L E

MONDAY

**SUNRISE BALANCED
PRACTICE FLOW**
ZOOM

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

**SUNRISE BALANCED
PRACTICE FLOW**
ZOOM

7:00AM - 8:00AM

WITH LIZ BENNETT

**BALANCED
FLOW**
IN-STUDIO ONLY

9:30AM - 10:30AM

WITH CARLY SKEERS

**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

**BALANCED BODY
PEACEFUL MIND**
IN-STUDIO ONLY

9:30AM - 10:30AM

WITH ROSIE CAUNT

FRIDAY

**BALANCED
PRACTICE FLOW**
ZOOM & IN-STUDIO

7:00AM - 8:00AM

WITH LIZ BENNETT

SATURDAY

**BALANCED
PRACTICE FLOW**
IN-STUDIO

7:00AM - 8:00AM

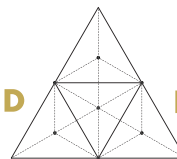
WITH LIZ BENNETT

ADDRESS

WARRIEWOOD SURF LIFE SAVING CLUB

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



Y O G A

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CONTACT

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