

# W I N T 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

## TUESDAY

### SPORTS RECOVERY YOGA

ZOOM

**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 DONNA NOLAN

### SUNSET BALANCED PRACTICE FLOW

ZOOM

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

WITH LIZ BENNETT

## THURSDAY

## FRIDAY

### BALANCED PRACTICE FLOW

ZOOM

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

WITH LIZ BENNETT

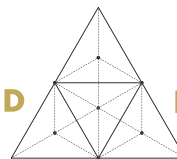
## ADDRESS

### WARRIEWOOD 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



Y O G A

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

## CONTACT

### LIZ BENNETT

[liz@balancedpracticeyoga.com](mailto:liz@balancedpracticeyoga.com)

+61 405 543 263