

# OCTOBER 2021 TIME TABLE

## MONDAY

### SUNRISE BALANCED PRACTICE FLOW

ZOOM

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

WITH LIZ BENNETT

### SOOTHING YOGA

IN-STUDIO

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

WITH JANE MACNAUGHT

**STARTS** OCTOBER 25TH

## TUESDAY

### YOGA+PILATES

IN-STUDIO

**8:45AM - 9:45AM**

WITH JENNY TUCK

### GENTLE YOGA

ZOOM & IN-STUDIO

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

WITH CARLY SKEERS

**STARTS** OCTOBER 26TH

### SUNSET BALANCED PRACTICE FLOW

ZOOM

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

WITH LIZ BENNETT

## WEDNESDAY

### SUNRISE BALANCED PRACTICE FLOW

ZOOM

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

WITH LIZ BENNETT

### BALANCED FLOW

ZOOM & IN-STUDIO

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

WITH CARLY SKEERS

**STARTS** OCTOBER 27TH

### SPORTS RECOVERY YOGA

IN-STUDIO

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

WITH ANA ARRUZZA

## THURSDAY

### YOGA+PILATES

IN-STUDIO

**9:00AM - 10:00AM**

WITH KIRRAIE DILLION

**STARTS** OCTOBER 28TH

## FRIDAY

### BALANCED PRACTICE FLOW

ZOOM & IN-STUDIO

**7:00AM - 8:15AM**

WITH LIZ BENNETT

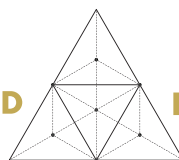
## ADDRESS

### WARRIEWOOD SURF LIFE SAVING CLUB

Narrabeen Park Parade

Warriewood, NSW 2102

## BALANCED PRACTICE



YOGA

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

## CONTACT

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