

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

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 KIRRAJIE DILLION

STARTS OCTOBER 28TH

FRIDAY

BALANCED PRACTICE FLOW

ZOOM & IN-STUDIO

7:00AM - 8:15AM

WITH LIZ BENNETT

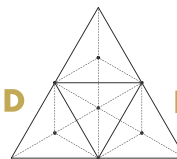
ADDRESS

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BALANCED PRACTICE



Y O G A

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