

T E R M 1 T I M E T A B L E

MONDAY

**SUNRISE
BALANCED FLOW
ZOOM**

6:30AM - 7:30AM

WITH LIZ BENNETT

**LIFELONG
YOGA
IN-STUDIO**

9:30AM - 10:30AM

WITH LIZ BENNETT

8 WEEK COURSE STARTS FEB 7TH

**SOOTHING
YOGA
IN-STUDIO**

6:00PM - 7:00PM

WITH JANE MACNAUGHT

TUESDAY

**YOGA
+ PILATES
IN-STUDIO**

8:45AM - 9:45AM

WITH JENNY TUCK

**GENTLE
YOGA
ZOOM & IN-STUDIO**

10:00AM - 11:00AM

WITH CARLY SKEERS

WEDNESDAY

**SUNRISE
BALANCED FLOW
ZOOM**

6:30AM - 7:30AM

WITH LIZ BENNETT

**BALANCED
FLOW
ZOOM & IN-STUDIO**

9:30AM - 10:30AM

WITH CARLY SKEERS

STARTS FEB 2ND

**SUNSET
BALANCED FLOW
IN-STUDIO**

6:00PM - 7:00PM

WITH ANA ARRUZZA

**YIN BY
CANDLELIGHT
IN - STUDIO**

7:30PM - 8:45PM

WITH LEAH SIZELAND

THURSDAY

**SOOTHING
YOGA
IN-STUDIO**

6:30AM - 7:30AM

WITH JANE MACNAUGHT

STARTS FEB 3RD

**YOGA
+ PILATES
IN-STUDIO**

9:00AM - 10:00AM

WITH KIRRALIE DILLION

FRIDAY

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

6:30AM - 7:30AM

WITH LIZ BENNETT

**SLOW
FLOW
IN-STUDIO**

8:45AM - 9:45AM

WITH JENNY TUCK

STARTS FEB 4TH

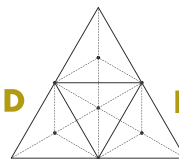
ADDRESS

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

CONTACT

LIZ BENNETT

liz@balancedpracticeyoga.com

+61 405 543 263