

# W I N T E R T I M E T A B L E

## SUNRISE BALANCED FLOW ZOOM

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

WITH LIZ BENNETT

## LIFELONG YOGA IN-STUDIO

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

WITH LIZ BENNETT

## SOOTHING YOGA IN-STUDIO

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

WITH JANE MACNAUGHT

## YOGA +PILATES IN-STUDIO

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

WITH JENNY TUCK

## GENTLE YOGA ZOOM & IN-STUDIO

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

WITH CARLY SKEERS

## CALM YOGA IN-STUDIO

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

WITH PENNY LUCAS

## SUNRISE BALANCED FLOW ZOOM

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

WITH LIZ BENNETT

## BALANCED FLOW IN-STUDIO

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

WITH CARLY SKEERS

## SUNSET BALANCED FLOW IN-STUDIO

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

WITH ANA ARRUZZA

## YOGA +PILATES IN-STUDIO

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

WITH KIRRALIE DILLION

## YIN BY CANDLELIGHT IN - STUDIO

**6:30PM - 7:45PM**

WITH LEAH SIZELAND

## SUNRISE BALANCED FLOW ZOOM & IN-STUDIO

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

WITH LIZ BENNETT

SCAN ME!



## ADDRESS

### WARRIEWOOD SURF LIFE SAVING CLUB

Narrabeen Park Parade  
Warriewood, NSW 2102

## BALANCED PRACTICE



Y O G A

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

## CONTACT

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