

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

MONDAY

**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

TUESDAY

**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

WEDNESDAY

**BALANCED
FLOW
IN-STUDIO**

9:30AM - 10:30AM

WITH CARLY SKEERS

**SUNSET BALANCED
FLOW
IN-STUDIO**

6:00PM - 7:00PM

WITH ANA ARRUZZA

THURSDAY

**YOGA
+PILATES
IN-STUDIO**

9:00AM - 10:00AM

WITH KIRRALIE DILLION

FRIDAY

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

7:00AM - 8:00AM

WITH LIZ BENNETT

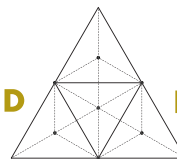
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B A L A N C E D P R A C T I C E



Y O G A

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SCAN ME!



CONTACT

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