

A U T U M N 2 0 2 3 T I M E T A B L E

MONDAY

**LIFELONG
YOGA COURSE**
IN-STUDIO
9:00AM - 10:00AM
WITH **LIZ BENNETT**
8 WEEK COURSE

**SOOTHING
YOGA**
IN-STUDIO
6:00PM - 7:00PM
WITH **JANE MACNAUGHT**

ADDRESS

WARRIEWOOD SURF LIFE SAVING CLUB

Narrabeen Park Parade
Warriewood, NSW 2102

TUESDAY

**YOGA
+PILATES**
IN-STUDIO
9:00AM - 10:00AM
WITH **JENNY TUCK**

WEDNESDAY

**BALANCED
FLOW**
IN-STUDIO
9:00AM - 10:00AM
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**

**CALM
YOGA**
IN-STUDIO
6:30PM - 7:30PM
WITH **PENNY LUCAS**

FRIDAY

**SUNRISE
BALANCED FLOW**
ZOOM & IN-STUDIO
7:00AM - 8:00AM
WITH **LIZ BENNETT**

SCAN ME!



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



Y O G A

www.balancedpracticeyoga.com

CONTACT

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