

TERM 3 2023 TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**LIFELONG
YOGA COURSE**
IN-STUDIO & ZOOM
9:00AM - 10:00AM
WITH **LIZ BENNETT**

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

**YOGA
+PILATES**
IN-STUDIO
9:00AM - 10:00AM
WITH **KIRRALIE DILLION**

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

**CALM
YOGA**
IN-STUDIO
6:00PM - 7:00PM
WITH **LIZ BENNETT**

**SUNSET BALANCED
FLOW**
IN-STUDIO
6:00PM - 7:00PM
WITH **ALLAHNA JAYLA**

SCAN ME!



ADDRESS

WARRIEWOOD SURF LIFE SAVING CLUB

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BALANCED PRACTICE



YOGA

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CONTACT

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