

## FITNESS CLASS SCHEDULE

	M	T	W	T	F	S	S
<i>Morning</i>	<b>Vinyasa Flow</b> 0800 – 0900 <i>All levels</i> Emma	<b>HIIT Workout</b> 0700 – 0745 <i>All levels</i> Lyndsey	<b>Dynamic Flow</b> 0800 – 0900 <i>All levels</i> Chris	<b>Yoga Inspired Flow</b> 0800 – 0900 <i>All levels</i> Chris	<b>Fast Flow Friday</b> 0800 – 0900 <i>All levels</i> Chris	<b>Dynamic Flow</b> 0800 – 0900 <i>All levels</i> Vikki	<b>Vinyasa Flow</b> 0800 – 0900 <i>All levels</i> Emma
	-	<b>Vinyasa Inspired Flow</b> 0800 – 0900 <i>All levels</i> Chris	<b>Cold Water Dip</b> 0930 – 1030 <i>All levels</i> Chris	-	-	<b>Yin Yoga</b> 0930 – 1030 <i>All levels</i> Vikki	<b>Dynamic Flow</b> 0930 – 1030 <i>All levels</i> Emma
<i>Afternoon</i>	<b>Dynamic Flow</b> 1545 – 1645 <i>All levels</i> Emma	<b>Forest Bathing</b> 1530 – 1630 <i>All levels</i> Angie	<b>Breath Workshop</b> 1530 - 1630 <i>Attire: Swimwear</i> <i>All levels, Chris</i>	<b>Breath Workshop</b> 1400 – 1500 <i>Attire: Swimwear</i> <i>All levels, Chris</i>	<b>Sound Healing</b> 1500 – 1600 <i>All levels</i> Dani	-	-
	<b>Pilates: Fitness &amp; Stretch</b> 1700 – 1800 <i>Intermediate level</i> Lyndsey	<b>Sound Healing</b> 1700 – 1800 <i>All levels</i> Dani	<b>Yin Yoga</b> 1700 – 1800 <i>All levels</i> Loren	-	<b>Pilates: Fitness &amp; Stretch</b> 1700 – 1800 <i>Intermediate level</i> Lyndsey	-	<b>Slow Flow</b> 1700 – 1800 <i>All levels</i> Olivia
<i>Evening</i>	<b>Restore &amp; Release</b> 1815 – 1915 <i>All levels</i> Lyndsey	-	<b>Mindful Flow</b> 1815 – 1915 <i>All levels</i> Loren	-	-	-	-