Wellness Schedule

	M	T	W	T	F	S	S
Morning	**Rise & Restore** 0800 – 0900 Emma	**Vinyasa Flow** 0800 – 0900 Chris	**Morning Movement** 0800 – 0900 Chris	**HIIT** 0800 – 0845 Lyndsey	**Fast Flow Friday** 0800 – 0900 Chris	**Morning Flow** 0800 – 0900 Vikki	**Vinyasa Flow** 0800 – 0900 Emma
	Barre Fitness 0930 – 1030 Lyndsey	**Breathwork** 0930 – 1030 Chris	**Cold Water Dip** 0930 – 1030 Chris	**Pilates** 0930 – 1030 Lyndsey	-	-	-
	Cold Water Dip 0930 – 1030 Chris	-	-	-	-	-	-
Afternoon	**Pilates** 1700 – 1800 Lyndsey	**Sound Healing** 1700 – 1800 Lizzie	**Yin Yoga** 1700 – 1800 Loren	**Power Flow** 1700 – 1800 Vikki	**Weekend Wind Down** 1700 – 1800 Loren	**Nidra; Meditation** 1600 – 1700 Becky	**QiGong Fusion** 1700 – 1800 Becky
Evening	**Core Conditioning** 1815 – 1915 Lyndsey	-	**Mindful Flow** 1815 – 1915 Loren	-	**Restore & Rebalance** 1815 – 1915 Emma	-	-