

WELLNESS SCHEDULE

	M	T	W	T	F	S	S
<i>Morning</i>	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	-	-	-	-	-	-
<i>Afternoon</i>	-	-	-	-	-	-	-
	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
<i>Evening</i>	Core Conditioning 1815 – 1915 Lyndsey	-	Mindful Flow 1815 – 1915 Loren	-	Restore & Rebalance 1815 – 1915 Emma	-	-