Wellness Schedule

	M	T	W	T	F	S	S
Sunrise	**Breathwork** 0730 – 0830 Chris	**Core Conditioning** 0730 – 0830 Lyndsey	**Morning Movement** 0730 – 0830 Chris	**HIIT** 0730 – 0830 Lyndsey	**Fast Flow Friday** 0730 – 0830 Chris	**Rocket Yoga** 0730 – 0830 Vikki	**Vinyasa Flow** 0730 – 0830 Emma
	Cold Water Dip 0930 – 1030 Chris	-	**Cold Water Dip** 0930 – 1030 Chris			**Pilates** 0900 – 1000 Lyndsey	-
Sunset	**Barre Fitness** 1700 – 1800 Lyndsey	**Alchemy Sound Healing** 1700 – 1800 Lizzie	**Yin Yoga** 1700 – 1800 Loren	**Mindful Movement** 1700 – 1800 Vikki	**Weekend Wind Down** 1700 – 1800 Loren	**Nidra Yoga** 1700 – 1800 Emma	**QiGong Fusion** 1700 – 1800 Becky