

WELLNESS SCHEDULE

	M	T	W	T	F	S	S
<i>Morning</i>	Vinyasa Flow 0800 – 0900 Emma	HIIT Workout 0700 – 0745 Lyndsey	Morning Movement 0800 – 0900 Chris	Yoga Inspired Flow 0800 – 0900 Chris	Sunrise Breathwork 0700 – 0745 Chris	Morning Flow 0800 – 0900 Vikki	Vinyasa Flow 0800 – 0900 Emma
	Cold Water Dip 0930 – 1030 Chris	Vinyasa Inspired Flow 0800 – 0900 Chris	Cold Water Dip 0930 – 1030 Chris	Pilates & Stretch 0930 – 1030 Lyndsey	Fast Flow Friday 0800 – 0900 Chris	Movement & Stillness 0930 – 1030 Vikki	Ashtanga Inspired Flow 0930 – 1030 Emma
<i>Afternoon</i>	-	Forest Bathing 1530 – 1630 Angie	Breath Workshop 1500 – 1600 Chris	-	-	-	-
	Pilates & Stretch 1700 – 1800 Lyndsey	-	Yin Yoga 1700 – 1800 Loren	-	Weekend Wind Down 1700 – 1800 Loren	Slow Flow 1700 – 1800 Becky	-
<i>Evening</i>	Core Conditioning 1815 – 1900 Lyndsey	-	Mindful Flow 1815 – 1915 Loren	-	-	-	-