

	MONDAY	TUEDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15		GUIDED HIKE			GUIDED HIKE		GUIDED HIKE
8.00	FITNESS	MORNING MEDITATION	FITNESS	FITNESS	QI GONG	FITNESS	FITNESS
			QI GONG	MORNING MEDITATION		MORNING MEDITATION	
9.15	BEGINNER'S YOGA	FITNESS	YOGA	BEGINNER'S YOGA	GENTLE HATHA	VINYASSA	VINYASSA
	YOGA	DYNAMIC HATHA	RESTORATIVE YOGA	YIN/YANG FUSION		GENTLE HATHA	RESTORATIVE YOGA
12.00	FITNESS	AERIAL	YOGA	AERIAL	RESTORATIVE YOGA	YOGA NIDRA	YOGA NIDRA
	YOGA NIDRA		YOGA		VINYASA		
16.45	GENTLE HATHA	FITNESS	GENTLE HATHA	FITNESS	YOGA NIDRA	YOGA	BEGINNER'S YOGA
17.00	VINYASSA	YIN YOGA	VINYASSA	VINYASSA	EVENING FLOW	DYNAMIC HATHA	QI GONG
18.00	YIN YOGA		EVENING FLOW	YIN YOGA	YIN YOGA	FITNESS	YOGA
						YIN YOGA	DYNAMIC HATHA
18.15	EVENING MEDITATION	YOGA NIDRA	EVENING MEDITATION	YOGA NIDRA	EVENING MEDITATION		EVENING MEDITATION
21.00	OUTDOOR CINEMA MOVIE	OUTDOOR CINEMA MOVIE	ANCIENT WISDOM TALK	OUTDOOR CINEMA MOVIE	ANCIENT WISDOM TALK	OUTDOOR CINEMA MOVIE	ANCIENT WISDOM TALK

*** Please note that this to give an idea of what we have available. The schedule is subject to change