

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15	MORNING HIKE			MORNING HIKE	BEACH RUN & STRETCH	MORNING HIKE	
8.00	BEACH RUN & STRETCH	HIIT	BEACH RUN & STRETCH				BEACH RUN & STRETCH
8.00		BREATHWORK & MEDITATION					
9.15	CIRCUITS	STRONG & STEADY YOGA FLOW	FUNCTIONAL FITNESS	VINYASA KRAMA YOGA	CIRCUITS	FUNCTIONAL FITNESS	HIIT
9.15	BEGINNER'S YOGA			BEGINNER'S YOGA	VINYASA KRAMA YOGA	YOGA FOR BALANCE	YOGA FOR FLEXIBILITY
9.15	GENTLE YOGA MOVEMENT		GENTLE YOGA MOVEMENT	AERIAL			YANG YIN YOGA FLOW
11.00	FUNCTIONAL FITNESS	CIRCUITS	HIIT	YIN YOGA	YOGA FOR STRESS	CIRCUITS	AERIAL
11.00	POWER MEDITATION	REST & RESTORE YOGA	MOVEMENT MEDITATION			MINDFULNESS	
16.45	AERIAL	RORY				YOGA POSE BREAKDOWN	PREGNANCY YOGA
17.00		FUNCTIONAL FITNESS			HIIT		FUNCTIONAL FITNESS
18.00	SLOW YOGA FLOW	RORY	STRONG & STEADY YOGA FLOW	YOGA FOR STRENGTHENING	MOVEMENT MEDITATION	STRONG & STEADY YOGA FLOW	YIN YOGA
18.00		EVENING STRETCH			EVENING STRETCH		EVENING STRETCH
19.15	YOGA NIDRA	MEDITATION	YOGA NDRA	MEDITATION	MINDFULNESS	SINGING MEDITATION	MEDITATION

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