

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.15	Morning Hike Reception		Morning Hike Reception		Morning Hike Reception		Morning Hike Reception
08.00	Beach Run & TRX Reception	Trail Run Reception		Abs & Legs Raw Deck	Interval Beach Workout Reception		Interval Beach Workout Reception
08.00				Aerial Zenía			
08.15	Breathwork & Meditation Armonia	Breathwork & Meditation Armonia	Level 2 Yoga (1 hour 30 mins) Armonia		Breathwork & Meditation Armonia	Level 2 Yoga (1 hour 30 mins) Armonia	Aerial Zenía
09.15	Beginner's Yoga Zenía	Mindful Vinyasa Armonia		Yin Yang Flow Armonia	Beginner's Yoga Zenía	Beginner's Yoga Zenía	Mindful Vinyasa Armonia
09.15	Gentle Hatha Armonia	Aerial Zenía	Yoga for Stress Zenía	Aerial Meditation Zenía	Ying Yang Flow Armonia		Aerial Meditation Zenía
09.15	Circuits Gym	Functional Fitness Gym	HIIT Gym	Swiss Balls Raw Deck	Core Workout Raw Deck		HIIT Gym
11.00				Dynamic Hatha Armonia	Yin Yoga Zenía	Yoga Nidra Armonia	Power Meditation Armonia
11.00							Mindful Movement Zenía
16.45	Slow Flow Armonia	Qi Gong Armonia	Nourishing Movement Zenía	Nourishing Movement Armonia	Gentle Hatha Zenía	Dynamic Hatha Zenía	Yoga Pose Breakdown Armonia
16.45						Prenatal Yoga Armonia	
18.00	Functional Fitness Raw Deck	Core Workout Raw Deck	Abs & Legs Raw Deck	Kettlebell Circuit Gym	Functional Fitness Gym		TRX & Kettlebells Raw Deck
18.00	Yin Yoga Armonia	Gentle Hatha Armonia	Rest & Restore Yoga Zenía	Yin Yoga Armonia	Qi Gong Armonia	Aerial Zenía	Rest & Restore Yoga Armonia
18.00	Aerial Zenía	Yin Yoga Zenía	Mindful Vinyasa Armonia		Aerial Zenía	Slow Flow Armonia	
19.00	Resistance Bands Raw Deck	Evening Stretch & Mobility Raw Deck	TRX Total Body Raw Deck		Swiss Balls Raw Deck		Evening Stretch & Mobility Raw Deck
19.15	Meditation Armonia	Meditation Armonia	Meditation Armonia	Yoga Nidra Armonia	Meditation Armonia	Breathwork & Meditation Armonia	
19.15	Aerial Meditation Zenía				Aerial Meditation Zenía		Yoga Nidra Armonia

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