

	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				Advanced Aerial & Meditation Zenia			
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	Advanced Aerial & Meditation Zenia
09.15	Beginner's Yoga Zenia	Mindful Vinyasa Armonia		Yin Yang Flow Armonia	Beginner's Yoga Zenia	Beginner's Yoga Zenia	Mindful Vinyasa Armonia
09.15	Morning Yoga Armonia	Morning Yoga Zenia	Yoga for Stress Zenia		Yin Yang Flow Armonia		
09.15	Circuits Gym	Functional Fitness Gym	HIIT Gym	Swiss Balls Raw Deck	Core Workout Raw Deck		HIIT Gym
11.00				Yoga Nidra Armonia	Yin Yoga Zenia	Yoga Nidra Armonia	Power Meditation Armonia
11.00							Mindful Movement Zenia
16.45	Slow Flow Armonia	Qi Gong Armonia	Nourishing Movement Zenia	Nourishing Movement Armonia	Handstands & Balance Zenia	Gentle Hatha Zenia	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 Zenia	Yin Yoga Armonia	Qi Gong Armonia	Posture Fundamentals Zenia	Rest & Restore Yoga Armonia
18.00	Aerial & Meditation Zenia	Yin Yoga Zenia	Mindful Vinyasa Armonia		Aerial & Meditation Zenia	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	Yoga Nidra Armonia

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