

Reset, Revive, Refuel

		Mon	Tue	Wed	Thurs	Fri	Sat	Sun
W/C 30th Aug	Classes			18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.00 Yoga with Olivia
W/C 6th Sept	Classes	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.00 Yoga with Jenny
W/C 13th Sept	Classes	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.30 Virtual Reset Retreat
W/C 20th Sept	Classes	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength with Evelyn		10.00 - 11.00 Energising Yoga with Emma
W/C 27th Sept	Classes	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	18.00 - 19.00 Wind down Yoga with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia			