



Monday

20th

7.45am - 8.45am: Morning Walk

10.00am - 10.15am: Morning Mindfulness- D

10.30am - 11.15am: Barre -HS

11.30am - 12.00pm: HIIT -FS

12.15pm-12.45pm: Yoga - Aerial -HS

2.00pm - 2.15pm: Meridian Mindfulness -D

2.20pm - 3.00pm: Crafts - DR

2.30pm - 3.00pm: Box Fit -FS

3.15pm - 3.45pm: Core - FS

4.15pm - 5.00pm: Pilates - HS

5.15pm - 5.45pm: Mental Health Discussion- L

6.00pm - 6.15pm: Q&A - L

8.15pm - 8.45pm: Relaxation- HS

Rebuild

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room



Tuesday

21st

7.45am - 8.45am: Morning Walk

10.00am - 10.15am: Morning Mindfulness- D

10.30am - 11.15am: Yoga - Renew- HS

11.30am - 12.00pm: Yoga - Aerial - HS

11.30am - 12.00pm - HIIT - FS

12.15pm-12.45pm: Dance- FS

2.00pm - 2.15pm: Meridian Mindfulness -D

2.20pm - 3.00pm: Crafts - DR

2.30pm -3.00pm: Conditioning - FS

3.15pm - 3.45pm: AQUA - P

4.15pm - 5.00pm: Pilates- HS

5.15pm - 5.45pm: Intro to Ayurveda - L

6.00pm - 6.30pm: Q&A - L

8.15pm - 8.45pm: Sound Bath- HS

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room



Wednesday **22nd**

7.45am - 8.45am: Morning Walk

10.00am - 10.15am: Morning Mindfulness- D

10.30am - 11.00am: Circuits- FS

11.15am - 11.45am: Box Fit -FS

12.15pm - 12.45pm - Yoga Relax- HS

2.00pm - 2.15pm: Meridian Mindfulness -D

2.20pm - 3.00pm: Crafts - DR

2.30pm - 3.00pm: Weights -FS

3.15pm - 3.45pm: AQUA- p

4.15pm - 5.00pm: Pilates - HS

5.15pm - 6.00pm: Goal Setting Workshop L

6.00pm - 6.15pm: Q&A - L

8.15pm - 8.45pm: - Mindset Meditation- HS

Rebuild

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room



Thursday

23rd

- 7.45am - 8.45am: Morning Walk
- 10.00am - 10.15am: Morning Mindfulness- D
- 10.30am - 11.15am: Barre - HS
- 10.30am - 11.00am: Weights - FS
- 11.30am - 12.00pm: Aerial Yoga -HS
- 11.30am - 12.00pm: HIIT - FS
- 12.15pm-12.45pm: AQUA- P
- 2.00pm - 2.15pm: Meridian Mindfulness -D
- 2.20pm - 3.00pm: Crafts - DR
- 2.30pm - 3.00pm: Conditioning - FS
- 3.15pm - 3.45pm: Core - FS
- 4.15pm - 4.45pm: Yoga - Reset- HS
- 5.15pm - 5.45pm: Intro to Spirituality- L
- 5.45pm - 6.15pm: Intro to Crystals - L
- 8.15pm - 8.45pm: Meditation - HS

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room



Friday

24th

- 7.45am - 8.45am: Morning Walk
- 10.00am - 10.15am: Morning Mindfulness- D
- 10.30am - 11.15am: Pilates- HS
- 11.30am - 12.00pm: Aerial Yoga -HS
- 11.30am - 12.00pm: Box Fit- FS
- 12.15pm - 12.45pm: AQUA -P
- 2.00pm - 2.15pm: Meridian Mindfulness -D
- 2.20pm - 3.00pm: Crafts - DR
- 2.30pm - 3.00pm: Barre -HS
- 3.15pm - 3.45pm: Dance - FS
- 4.15pm - 5.00pm: Yoga - Reset - HS
- 5.15pm - 5.45pm: Breathe and Chant-D
- 8.10pm - 8.50pm: Yoga - Restore - HS

Rebuild

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room



Saturday

25th

7.45am - 8.45am: Morning Walk

10.00am - 10.15am: Morning Mindfulness - D

10.30am - 11.15am: Yoga - Reset- HS

10.30am - 11.15am: Weights- FS

11.30am - 12.00pm: Yoga - Aerial - HS

12.15pm - 12.45pm: AQUA - P

2.00pm - 2.15pm: Meridian Mindfulness -D

2.20pm - 3.00pm: Crafts - DR

3.15pm - 3.45pm: Box Fit - FS

4.15pm - 5.00pm: Pilates - HS

5.15pm - 5.45pm: Chakra Workshop - HS

6.00pm - 6.15pm: Q&A - L

8.15pm - 8.45pm: Sound Bath - HS

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room



Sunday

7.45am - 8.45am: Morning Walk

10.00am - 10.15am - Morning Mindfulness - D

10.30am - 11.00am: Weights- FS

11.30am - 12.00pm: HIIT- FS

12.15pm - 12.45pm: Yoga - Relax - HS

2.00pm - 2.15pm: Meridian Mindfulness -D

2:20pm - 3:00pm: Crafts - DR

3.15pm - 3.45pm: Circuits- FS

4.15pm - 5.00pm: Yoga- Reset- HS

5.15pm-5.45pm: Nutrition Workshop - L

Rebuild

Exercise classes are on a first come,
first serve basis.

D - Dome
FS - Fitness Studio
HS - Holistic Studio
P - Pool
O - Outdoors
L - Lounge
DR - Dining Room