

	15th September - 20th September - Alex Crockford							
	SAT/SUN	MON 15	TUE 16	WED 17	THURS 18	FRIDAY 19	SATUR 20	SUN 21
8:15 - 9:00	Arrivals	Slow Paced Strength	Mindful Movement	Express abs and Glutes	Slow Paced Strength	Mindful Movement	Express abs and Glutes	Day off/departure
9:30 - 10:00						Slow Paced Strength	Stretch and Recover	
18:30 - 19:15		Mindful Movement	Stretch and Recover	Mindful Movement	Stretch and Recover			