

	25th August - 30th August - Heather Hearts and Will McLaren							
	SUN 24	MON 25	TUE 26	WED 27	THURS 28	FRIDAY 29	SATUR 30	SUN 31
8:15 - 9:00	Arrivals	Threshold (Will)	Slow Flow	Vinyasa Flow	Threshold (Will)	Slow Flow	Vinyasa Flow	Day off/departure
9:30 - 10:00		Slow Paced Strength (Will)	Express abs and Glutes	Slow Paced Strength (Will)	Slow Paced Strength (Will)	Express abs and Glutes	Slow Paced Strength (Will)	
18:30 - 19:15		Reset to Restore	Reset to Restore	Stretch and Recover (Will)	Reset to Restore	Reset to Restore	Stretch and Recover (Will)	