

	4th August - 16th August - Matteo Massaini														
	SAT/SUN	MON 4	TUE 5	WED 6	THURS 7	FRIDAY 8	SAT 9	SUN 10	MON 11	TUE 12	WED 13	THURS 14	FRIDAY 15	SAT 16	SUN 17
8:15 - 9:00	Arrival	Slow Paced Strength (Yoga Deck)	Mindful Movement (Yoga Deck)	Express abs and Glutes (30) (Yoga Deck)	Slow Paced Strength (Yoga Deck)	Express abs and Glutes (30) (Yoga Deck)	Mindful Movement (Yoga Deck)	DAY OFF	Slow Paced Strength (Yoga Deck)	Mindful Movement (Yoga Deck)	Express abs and Glutes (30) (Yoga Deck)	Slow Paced Strength (Yoga Deck)	Express abs and Glutes (30) (Yoga Deck)	Mindful Movement (Yoga Deck)	Day off/departure
9:30 - 10:00						Stretch and Recover (Yoga Deck)	Slow Paced Strength (Yoga Deck)						Stretch and Recover (Yoga Deck)	Slow Paced Strength (Yoga Deck)	
18:30 - 19:15		Mindful Movement (Yoga Deck)	Stretch and Recover (Yoga Deck)	Mindful Movement (Yoga Deck)	Stretch and Recover (Yoga Deck)				Mindful Movement (Yoga Deck)	Stretch and Recover (Yoga Deck)	Mindful Movement (Yoga Deck)	Stretch and Recover (Yoga Deck)			