

	4th August - 9th August - Omar Mansour							
	SAT/SUN	MON 4	TUE 5	WED 6	THURS 7	FRIDAY 8	SAT 9	SUN 10
8:15 - 9:00	Arrival	Slow Paced Strength (Outdoor gym)	Threshold (Outdoor gym)	Express abs and Glutes (30 (Amphitheatre Yoga Deck)	Elix Run Club (meet at reception)	Threshold (Outdoor gym)	Slow Paced Strength (Outdoor gym)	Day off/departure
9:30 - 10:00						Mindful Movement (Amphitheatre Yoga Deck)	Express abs and Glutes (30 (Amphitheatre Yoga Deck)	
18:30 - 19:15		Mindful Movement (Amphitheatre Yoga Deck)	Stretch and Recover (Amphitheatre Yoga Deck)	Mindful Movement (Amphitheatre Yoga Deck)	Stretch and Recover (Amphitheatre Yoga Deck)			