

	8th September - 20th September - Carl Van Heerdan													
	SAT/SUN	MON 8	TUE 9	WED 10	THURS 11	FRIDAY 12	SAT 13	MON 15	TUE 16	WED 17	THURS 18	FRIDAY 19	SAT 20	SUN 21
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)	Express abs and Glutes (30) (Amphitheatre Yoga Deck)	Threshold (Outdoor gym)	Slow Paced Strength (Outdoor gym)	Threshold (Outdoor gym)	Express abs and Glutes (30) (Amphitheatre Yoga Deck)	Elix Run Club (meet at reception)	Express abs and Glutes (30) (Amphitheatre Yoga Deck)	Threshold (Outdoor gym)	Departure
9:30 - 10:00						Slow Paced Strength (Outdoor gym)	Stretch and Recover (Amphitheatre Yoga Deck)					Slow Paced Strength (Outdoor gym)		
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)			Mindful Movement (Amphitheatre Yoga Deck)	Stretch and Recover (Amphitheatre Yoga Deck)	Mindful Movement (Amphitheatre Yoga Deck)	Stretch and Recover (Amphitheatre Yoga Deck)			