

WEEKLY SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30-8:00	BREATHWORK	MEDITATION	BREATHWORK	MEDITATION	BREATHWORK	JUNGLE BATHING	GUIDED BEACH HIKE & SWIM
8:00-9:00	PRIMAL YOGA	PRIMAL YOGA	PRIMAL YOGA	PRIMAL YOGA	PRIMAL YOGA	GARDEN TOUR	
12:00-1:00	PRIMAL FITNESS	PRIMAL FITNESS		PRIMAL FITNESS	PRIMAL FITNESS		PRIMAL FITNESS
2:00-3:00			COOKING CLASS				
3:00-4:00	FASCIA FUSION	BLISS YOGA	MINDFUL RELEASE	BLISS YOGA	FASCIA FUSION	MINDFUL RELEASE	MOVING MEDITATION
4:20-6:00	SUNSET SHUTTLE	SUNSET SHUTTLE	SUNSET SHUTTLE	SUNSET SHUTTLE	SUNSET SHUTTLE		