

ACTIVITY					
	MON 18/05/2020	TUE 19/05/2020	WED 20/05/2020	THURS 21/05/2020	FRI 22/05/2020
AM		PHYSICAL 8.00 - 8.45AM Pilates with Annie	PHYSICAL 7.30 - 8.10AM Advanced Level Training with Steffan		PHYSICAL 7.30 - 8.10AM Advanced Level Training with Steffan
		PHYSICAL 8.00 - 8.30AM Let's Get Back Into It - Entry Level with Steffan		PHYSICAL 10.30 - 11.15AM Diet Tips with Steffan (Dial in over your Break!)	PEACE OF MIND 8.00 - 8.40AM Yoga with Lee
LUNCH	PHYSICAL 12.30 - 1.15AM All Levels Training with Steffan	PEACE OF MIND 12.15-12.30PM Meditation with Lee	PEACE OF MIND 12.15 - 13.00PM Yoga with Lee	PHYSICAL 12.30 - 13.15PM All Levels Training with Steffan	MENTAL 13.30 - 14.00PM "Interactive session on Stress Management" Neil O'Brien
		FINANCIAL 12.30 - 13.00PM "Finance with the Finance Crew" Lynda Davison		WORK BALANCE 13.30 - 14.00PM "MyNow Live Music Channel" Cian MacSweeney (True Tides)	
		EMOTIONAL & SOCIAL 13.30 - 14.00PM "The 3 C's of Resilience" Ian Kingston	EMOTIONAL & SOCIAL 13.30 - 14.00PM "Guilt Debunked" Ian Kingston		
PM	PHYSICAL 18.00 - 18.45PM Pilates with Annie		PHYSICAL 18.00 - 18.45PM Pilates with Annie	EMOTIONAL & SOCIAL 17.00 - 17.30PM "Its 5PM...Dial in & Dial Down" with Ian Kingston	
				PEACE OF MIND 18.00 - 18.45PM Yoga with Lee	