

WEEK 11 (w/c 22/06/2020)

Details of times and Zoom codes on workplace

ACTIVITY					
	MON 22/06/2020	TUE 23/06/2020	WED 24/06/2020	THURS 25/06/2020	FRI 26/06/2020
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			PEACE OF MIND 8.00 - 8.40AM Yoga with Lee
LUNCH		PEACE OF MIND 12.15-12.30PM Meditation with Lee	PEACE OF MIND 12.15 - 13.00PM Yoga with Lee	PHYSICAL 13.00 - 13.45PM All Levels Training with Steffan	MENTAL 12.30 - 13.00PM Interactive Session with Neil O'Brien
		EMOTIONAL & SOCIAL 13.30 - 14.00PM Interactive Session with Ian Kingston			
PM	PHYSICAL 18.00 - 18.45PM Pilates with Annie		PHYSICAL 18.00 - 18.45PM Pilates with Annie		
				PEACE OF MIND 18.00 - 18.45PM Yoga with Lee	