

| ACTIVITY | | | | | |
|--------------|-----|---|--|--|---|
| | MON | TUE 02/06/2020 | WED 03/06/2020 | THURS 04/06/2020 | FRI 05/06/2020 |
| 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 12.30 - 13.15PM All Levels Training with Steffan | MENTAL 12.30 - 13.00PM "Interactive Session with Neil" Neil O'Brien |
| | | EMOTIONAL & SOCIAL 13.30 - 14.00PM "Permission to Feel" Ian Kingston | | FINANCIAL 13.30 - 14.00PM "Finance with the Finance Crew" Lynda Davison | WORK BALANCE 13.30 - 14.00PM "MyNow Live Music Channel" Cian MacSweeney (True Tides) |
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| PM | | | PHYSICAL 18.00 - 18.45PM Pilates with Annie | | EMOTIONAL & SOCIAL 16.30 - 17.00PM "Dial in & Dial Down for the weekend" with Ian Kingston |
| | | | | PEACE OF MIND 18.00 - 18.45PM Yoga with Lee | |