

ACTIVITY					
	MON 08/06/2020	TUE 09/06/2020	WED 10/06/2020	THURS 11/06/2020	FRI 12/06/2020
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" Neil O'Brien
		MENTAL 12.30 - 13.00PM "The Lockdown Learnings Toolkit" Neil O'Brien	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)
		EMOTIONAL & SOCIAL 13.30 - 14.00PM "Steps to Creating a Positive Emotional Mindset" 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 "Dial in & Dial Down" with Ian Kingston	
				PEACE OF MIND 18.00 - 18.45PM Yoga with Lee	