

TOGETHER

		Mon	Tue	Wed	Thurs	Fri	Sat	Sun
W/C 27th Dec	Classes							10.00 - 11.00 New Year Yoga with Jenny
W/C 3rd Jan	Classes		7.45 - 8.15 Morning Yoga with Olivia	20.00 - 20.45 Wind Down Yoga + Nidra with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength + Conditioning with Ross		10.00 - 11.00 Sunday Flow Yoga with Emma
W/C 11th Jan	Classes	7.45 - 8.30 Morning Movement with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	20.00 - 20.45 Wind Down Yoga + Nidra with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength + Conditioning with Ross		10.00 - 11.00 Sunday Flow Yoga with Emma
W/C 18th Jan	Classes	7.45 - 8.30 Hiit with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	20.00 - 20.45 Wind Down Yoga + Nidra with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength + Conditioning with Ross		10.00 - 11.30 The Sunday Collective Virtual Retreat with The Team
W/C 25th Jan	Classes	7.45 - 8.30 Hiit with Evelyn	7.45 - 8.15 Morning Yoga with Olivia	20.00 - 20.45 Wind Down Yoga + Nidra with Jenny	12.30 - 13.00 Lunchtime Energise Yoga with Olivia	7.30 - 8.00 Strength + Conditioning with Ross		10.00 - 11.00 Sunday Flow Yoga with Jenny