

November 2020

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|--|--|
| | | | | | | 1 |
| | | | | | | 8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Meditation Beach Walk (In) 17.00 Yoga (In) |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 15.00 Wine Tasting 17.00 Yoga (In) | 08.00 Yoga (Sa) 10.30 Aromatherapy Workshop (Ti) 12.00 Kitchen skills (Ja) 18.30 Yoga (Lo) | 08.00 Yoga (Sa) 10.00 Doggy Social (Je) 15.00 Coastal garden tour (Fi) 17.00 Yoga (In) | 08.00 Pilates (MJ) 10.30 Aromatherapy Workshop (Ti) 18.30 Yoga (Lo) | 08.00 Yoga (Lo) 11.00 Kitchen skills (Ja) 17.00 Pilates (Li) 18.30 Yoga (Li) | 08.00 Beach HIIT (Li) 10.00 Meditation Beach Walk (Li) 16.00 Yoga (Lo) | 8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Meditation Beach Walk (In) 17.00 Yoga (In) |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 15.00 Wine Tasting 17.00 Yoga (In) | 08.00 Yoga (Sa) 10.30 Aromatherapy Workshop (Ti) 12.00 Kitchen skill (Ja) 18.30 Yoga (Lo) | 08.00 Yoga (Sa) 10.00 Doggy social (Je) 15.00 Coastal garden tour (Fi) 17.00 Yoga (In) | 08.00 Pilates (MJ) 10.30 Aromatherapy Workshop (Ti) 18.30 Yoga (Lo) | 08.00 Yoga (Lo) 11.00 Kitchen skills (Ja) 17.00 Pilates (Li) 18.30 Yoga (Li) | 08.00 Beach HIIT (Li) 10.00 Meditation Beach Walk (Li) 16.00 Yoga (Lo) | 8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Meditation Beach Walk (In) 17.00 Yoga (In) |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 15.00 Wine Tasting 17.00 Yoga (In) | 08.00 Yoga (Sa) 10.30 Aromatherapy Workshop (Ti) 12.00 Kitchen skill (Ja) 18.30 Yoga (Lo) | 08.00 Yoga (Sa) 10.00 Doggy social (Je) 15.00 Coastal garden tour (Fi) 17.00 Yoga (In) | 08.00 Pilates (MJ) 10.30 Aromatherapy Workshop (Ti) 18.30 Yoga (Lo) | 08.00 Yoga (Lo) 11.00 Kitchen skills (Ja) 17.00 Pilates (Li) 18.30 Yoga (Li) | 08.00 Beach HIIT (Li) 10.00 Meditation Beach Walk (Li) 16.00 Yoga (Lo) | 8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Meditation Beach Walk (In) 17.00 Yoga (In) |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 07.00 Pilates (MJ) 11.00 Meditation beach walk (In) 15.00 Wine Tasting 17.00 Yoga (In) | 07.00 Yoga (Sa) 10.30 Aromatherapy Workshop (Ti) 12.00 Kitchen skill (Ja) 18.30 Yoga (Lo) | 08.00 Yoga (Sa) 10.00 Doggy social (Je) 15.00 Coastal garden tour (Fi) 17.00 Yoga (In) | 08.00 Pilates (MJ) 10.30 Aromatherapy Workshop (Ti) 18.30 Yoga (Lo) | 08.00 Yoga (Lo) 11.00 Kitchen skills (Ja) 17.00 Pilates (Li) 18.30 Yoga (Li) | 08.00 Beach HIIT (Li) 10.00 Meditation Beach Walk (Li) 16.00 Yoga (Lo) | 8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Meditation Beach Walk (In) 17.00 Yoga (In) |

Teachers:

YOGA & PILATES: (In) India, (Li) Lizzy, (MJ) MJ, (Lo) Louise, (Sa) Sally
 SPA (Ti) Tia Lawson
 KITCHEN (Ja) Jamie Guy
 SWIM/BEACH TBC
 GARDEN (Fi) Fiona
 DRINK (Pa) Paul Bevan