

October 2020

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			08.00 Pilates (MJ) 11.00 Aromatherapy Workshop (Ti) 16.00 Yoga (Lo)	08.00 Yoga (Lo) 16.00 Yoga (Li) 17.30 Pilates (Li)	08.00 Yoga (Li) 10.00 Beach HIIT (Li) 16.00 Yoga (Lo)	8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Yoga (In)
5	6	7	8	9	10	11
08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 16.00 Yoga (In) 17.30 Wine tasting (Pa)	08.00 Yoga (Sa) 16.00 Yoga (Lo)	08.00 Yoga (Sa) 10.00 Doggy Social (Je) 11.00 Kitchen skills (Ja) 15.00 Coastal garden tour (Fi) 16.00 Yoga (In)	08.00 Pilates (MJ) 16.00 Yoga (Lo)	08.00 Yoga (Lo) 16.00 Yoga (Li) 17.30 Pilates (Li)	08.00 Yoga (Li) 10.00 Beach HIIT (Li) 16.00 Yoga (Lo)	8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Yoga (In) 17.00 Meditation Beach Walk (In)
12	13	14	15	16	17	18
08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 16.00 Yoga (In) 17.30 Wine tasting (Pa)	08.00 Yoga (Sa) 16.00 Yoga (Lo)	08.00 Yoga (Sa) 10.00 Doggy social (Je) 11.00 Kitchen skills (Ja) 15.00 Coastal garden tour (Fi) 16.00 Yoga (In)	08.00 Pilates (MJ) 16.00 Yoga (Lo)	08.00 Yoga (Lo) 16.00 Yoga (Li) 17.30 Pilates (Li)	08.00 Yoga (Li) 10.00 Beach HIIT (Li) 16.00 Yoga (Lo)	8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Yoga (In) 17.00 Meditation Beach Walk (In)
19	20	21	22	23	24	25
08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 16.00 Yoga (In) 17.30 Wine tasting (Pa)	08.00 Yoga (Sa) 10.30 Aromatherapy Workshop (Ti) 12.00 Kitchen skills (Ja) 16.00 Yoga (Lo)	08.00 Yoga (Sa) 10.00 Doggy social (Je) 15.00 Coastal garden tour (Fi) 16.00 Yoga (In)	08.00 Pilates (MJ) 11.00 Aromatherapy Workshop (Ti) 16.00 Yoga (Lo)	08.00 Yoga (Lo) 16.00 Yoga (Li) 17.30 Pilates (Li)	08.00 Yoga (Li) 10.00 Beach HIIT (Li) 16.00 Yoga (Lo)	8.00 Yoga (Lo) 15.00 Wine Tasting (Pa) 16.00 Yoga (In) 17.00 Meditation Beach Walk (In)
26	27	28	29	30	31	
08.00 Pilates (MJ) 11.00 Meditation beach walk (In) 16.00 Yoga (In) 17.30 Wine tasting (Pa)	08.00 Yoga (Sa) 10.30 Aromatherapy Workshop (Ti) 12.00 Kitchen Skills (Ja) 16.00 Yoga (Lo)	08.00 Yoga (Sa) 10.00 Doggy social (Je) 15.00 Coastal garden tour (Fi) 16.00 Yoga (In)	08.00 Pilates (MJ) 11.00 Aromatherapy Workshop (Ti) 16.00 Yoga (Lo)	08.00 Yoga (Lo) 16.00 Yoga (Li) 17.30 Pilates (Li)	08.00 Yoga (Li) 10.00 Beach HIIT (Li) 16.00 Yoga (Lo)	

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