



Wellness week

Class timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Alice 10.30am Click here to book	Yoga Abi 10.30am Click here to book	Sound Bath Harie 10.30am Click here to book	Meditation Harie 10.30am Click here to book	Qi Gong Wendy 12pm Click here to book
Nutrition Workshop Paula 2.30pm Click here to book	Aromatherapy Workshop Harie 2.30pm Click here to book	Crystal Workshop Harie 2.30pm Click here to book	Sleep Workshop Harie 2.30pm Click here to book	Skincare Workshop Sophie 2.30pm Click here to book