





















WELLNESS

WELLNESS ACTIVITIES / WEEKLY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 - 9:15 am Meet at the Gym	 Beginner Yoga	 Yogilates	 Morning Yoga	 Yogilates	 Morning Yoga	 Morning Stretch	
9:30 - 10 am Meet at the Gym	 Five Element Hatha Flow	 Core Training	 HIIT*	 Core Training	 HIIT*	 Core Training	
6:30 - 7:15 pm Meet at the Gym		 Functional Training	 Pilates Mat Classic	 Functional Training	 Pilates Mat Classic		
7:15 - 8 pm Meet at the Gym			 Balance		 Balance		

* High Intensity Interval Training

Wellness Talks on specific days, please check the MC daily newsletter.

Start your journey to Wellness