

MON 9TH	OPO Meditation Aerial pilates	09:00 16:30
TUE 10TH	HarmoniZen** Circuit	09:00 17:30
WED 11TH	Breath awake** Kettlebells training	10:30 17:30
THU 12TH	Taichi Qi Gong Herb incense** Scalp & hair analysis** Core training	10:00 11:30 11:00 - 13:00 17:30
FRI 13TH	Hiking* Dance of life* Cardio box	09:30 10:30 17:30
SAT 14TH	Elastic bands Yoga	09:30 17:30
SUN 15TH	Stretching TRX	09:30 17:30