

# WELLNESS CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SUNRISE YOGA	7:15 to 8:00 (Dawn Jetty)					7:15 to 8:00 (Dawn Jetty)	
MEDITATION	15:00 to 15:20 (The Dhoni)		15:00 to 15:20 (The Dhoni)	15:00 to 15:20 (The Dhoni)	15:00 to 15:20 (The Dhoni)	15:00 to 15:20 (The Dhoni)	15:00 to 15:20
AQUA YOGA		15:00 to 15:45 (Spa Pool)					
SUNSET YOGA				18:30 to 19:15 (Dawn Jetty)			