



# WELLNESS CAMP

Activity Schedule

MON	7am - 7:45am	Sunrise Yoga
WED	7am - 7:45am 2pm - 2:45pm	Sunrise Yoga Core Muscle Training
THU	7am - 7:45am	Sunrise Yoga
FRI	7am - 7:45am 2pm - 2:45pm	Sunrise Yoga Circuit
SAT	7am - 7:45am	Sunrise Yoga
SUN	7am - 7:45am 2pm - 2:45pm	Sunrise Yoga Tabata