



Lifeforce Wellbeing Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00			Qi Gong with Jules		
8.00					Qi Gong with Jules
9.00	Slow Flow Yoga with Kelly	Chiball Pilates with Jules	Wellbeing Yoga with Jules		
9.15					Wellbeing Yoga with Jules
10.15		Gentle Yoga with Jules			
5.30		Candlelight Yin Yoga with Kelly		Hatha Yoga with Clare	
SATURDAY		Zen Beach Yoga ~ Mudjimba 8am			