

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15		Sunrise Energise 45 LIVE ONLINE Karen		Sunrise Energise 45 LIVE ONLINE Karen			
6:30	Sunrise Energise ONLINE AND COWSHED Niki		Sunrise Energise ONLINE AND COWSHED Niki		Sunrise Energise ONLINE and COWSHED Rosie		
8:30						Energise ONLINE AND COWSHED Tim	
9:00			Energise 75 ONLINE AND COWSHED James		Energise 75 ONLINE AND COWSHED Niki		
9:30	Energise ONLINE AND COWSHED Niki	Slow Flow ONLINE AND COWSHED Sally		Energise ONLINE AND COWSHED Rosie			
10:00				*11am - Slow Flow ONLINE AND COWSHED Sally			Sunday Sanctuary ONLINE AND COWSHED Niki
12:30		Power 45 ONLINE AND COWSHED Rachael					
18:30		Energise ONLINE AND COWSHED Rosie					
19:30	Rest and Restore LIVE ONLINE Karen			*7pm - Energise ONLINE AND COWSHED Rachael			Yin Yoga LIVE ONLINE Rosie / Karen
20:15			Slow Flow 45 LIVE ONLINE Emma				

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