

DOWNTIME RECHARGE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 - 8:30 Karate <i>Downtime Recharge</i>	7:30 - 8:30 Vinsaya Yoga <i>Downtime Recharge</i>	7:30 - 8:30 Karate <i>Downtime Recharge</i>	7:30 - 8:30 Ayurveda Yoga <i>Downtime Recharge</i>	7:30 - 8:30 Karate <i>Downtime Recharge</i>	7:30 - 8:30 Yin Yoga <i>Downtime Recharge</i>	7:30 - 8:30 Stand Up Paddle <i>Beachfront</i>
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9:15 - 10:15 Kayak <i>Beachfront</i>	9:15 - 10:15 Swimming <i>Cove Pool</i>	9:15 - 10:15 Sitting Down Meditaion <i>Downtime Recharge</i>	9:15 - 10:15 Swimming <i>Cove Pool</i>	9:15 - 10:15 Stand Up Paddle <i>Beachfront</i>	9:15 - 10:15 Swimming <i>Cove Pool</i>	9:15 - 10:15 Sitting Down Meditaion <i>Downtime Recharge</i>
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16:00 - 17:00 Stretching <i>Downtime Recharge</i>	16:00 - 17:00 Aquafit <i>Cove Pool</i>	16:00 - 17:00 Kayak <i>Beachfront</i>	16:00 - 17:00 Stretching <i>Downtime Recharge</i>	16:00 - 17:00 Aquafit <i>Cove Pool</i>	16:00 - 17:00 Kayak <i>Beachfront</i>	16:00 - 17:00 Stand Up Paddle <i>Beachfront</i>

DOWNTIME RECHARGE

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