

*Sample live session schedule:*

7.30am - Yoga Session (50 min)

8.00am - Fitness Session (50 min)

8.30am - Breakfast

11.00am - Meditation Session (30 min)

12.00pm - Fitness Session (50 min)

1.00pm – Lunch

3.00pm - Yoga Session (50 min)

4.00pm – Meditation Session (30 min)

5.00pm - Fitness Session (50 min)

6.00pm – Mindfulness Session (50 min)

7.00pm – Evening meal