

PHUKET CLEANSE WEEKLY SCHEDULE --- 12 FEBRUARY - 18 FEBRUARY 2018

TIME	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
SUP ZONE 1 6:15 - 7:15		SUP @ NAIHARN Chris		SUP @ NAIHARN Chris		SUP @ NAIHARN Maria	
6:00 - 7:00		SUNRISE YOGA (Anna) or OCEAN FLOOR WALK (Majella)		SUNRISE YOGA (Anna) or OCEAN FLOOR WALK (Maria)		OCEAN SWIM & BEACH RUN Kat	
5:45 - 7:30	BIG BUDDHA HIKE Kat & Chris [5:45 AM departure]	FLAT WALK Sam (6:00 - 7:00)	BIG BUDDHA HIKE Sam & Maria [5:45 AM departure]	FLAT WALK Kat (6:00 - 7:00)	BIG BUDDHA HIKE Chris & Majella [5:45 AM departure]	FLAT WALK Sam (6:00 - 7:00)	NATURE TREK AROUND PROMTHEP CAPE Maria & Chloe [7:00 AM DEPARTURE]
7:00 - 8:00	BREAKFAST						
8:00 - 9:00	MOVING MEDITATION Lexi	AERIAL YOGA Stas	AERIAL YOGA Stas	AERIAL YOGA Stas	AERIAL YOGA Stas	AERIAL YOGA Stas	MOVING MEDITATION Lexi
8:00 - 9:00	RAW HOT YOGA BIKRAM Tom	RAW HOT YOGA BIKRAM Tom	RAW HOT YOGA BIKRAM Tom	RAW HOT YOGA BIKRAM Tom	RAW HOT YOGA BIKRAM Tom	RAW HOT YOGA BIKRAM Tom	RAW HOT YOGA 90-MINUTE BIKRAM Tom 9:30 - 11:00
8:00 - 9:00	BOXING SKILLS Louise	BEACH BOXING Louise		BEACH BOXING Louise		KICK BOXING SKILLS Louise	
9:15 - 10:00	HIIT The Beach Jason	HIIT22 Eric	BOXERCISE - HIIT Louise	HIIT22 Eric	HIIT The Beach Jason	HIIT22 Eric	HIIT22 Jason 9:30 - 10:30
10:00 - 11:00	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	
10:15 - 11:00	DEEP STRETCH Lexi	MOBILITY Heart	DEEP STRETCH Lexi	MOBILITY Heart	DEEP STRETCH Jason	DEEP STRETCH Jason	DEEP STRETCH Lexi
11:00 - 11:45		SPECIAL WATERCLASS 11:00 - 12:00 Recognising Individual preferences and How they Impact our Relationships Emma		RAW HOT AERO KICK Louise		RAW HOT AERO KICK Louise	
11:15 - 11:45	POOL MEDITATION Bastian	TUNING FORKS Toni	GUIDED MEDITATION Sebastian	CHAKRA BALANCING MEDITATION WITH AROMATHERAPY Anna	POOL MEDITATION Bastian	ACTIVE CHAKRA BREATHING TO ACTIVATE YOUR BIO-ENERGY Anna	GUIDED MEDITATION Lexi
11:30 - 12:30	LUNCH						
12:15 - 13:00	COOKING CLASS Louella	COOKING CLASS Kitchen Team	COOKING CLASS Louella	COOKING CLASS Kitchen Team	COOKING CLASS Louella	COOKING CLASS Louella	BOAT TRIP TO LOCAL ISLAND Chloe 12:25-16:00
13:00 - 14:00 OR 14:30	THE POWER OF IN-LIGHTEN BREATHING Dela	NUTRITION TALK AND Q & A Craig	THE PERFECT BREATH The Power of Breathing & Meditation Bastian	JUICE CLEANSING EXPLAINED Mel & Majella	ESSENTIAL OILS FOR YOUR WELLBEING Sam	WHAT'S HOLDING YOU BACK The Power of the Mind and Hypnotherapy Sophie	MUAY THAI FUNDAY Moo + Team 13:00-14:00
14:30 - 15:15	RAW STRENGTH Jason	RAW STRENGTH Justin	RAW BOX STRENGTH Louise	RAW STRENGTH Justin	RAW STRENGTH Jason	RAW STRENGTH Eric	RAW BOX STRENGTH Louise
14:30 - 15:15	CYCLE CLUB Kat	FREE DIVING Bastian		CYCLE CLUB Chris		CYCLE CLUB Chris	
14:30 - 15:15	BODYCARE CLASS Louella	SKINCARE RITUALS Brooke	BODYCARE CLASS Louella		BODYCARE CLASS Louella	BODYCARE CLASS Louella	
15:15 - 16:00		RAW HOT - BOXERCISE Louise	KICKING SKILLS Louise				
15:30 - 16:15	AQUAFIT Bastian	AQUAFIT Bastian	AQUAFIT Bastian	AQUAFIT Bastian	AQUAFIT Bastian	AQUAFIT Bastian	
15:30 - 16:15	LIGHT SELF THERAPY INTRO Sebastian	THE ART OF MINDFUL LIVING Maria	LIGHT SELF THERAPY INTRO Sebastian	THE ART OF MINDFUL LIVING Maria	LIGHT SELF THERAPY INTRO Sebastian		
15:30 - 16:30	GROUP COACHING Sam & Chris				GROUP COACHING Sam & Chris		
16:15 - 17:30	RECOVERY INDUCTION Louella		RECOVERY INDUCTION Louella		RECOVERY INDUCTION Louella	RECOVERY INDUCTION Louella	
16:30 - 17:30	VINYASA FLOW Lexi	AERIAL YOGA Stas	VINYASA FLOW Lexi	ASHTANGA YOGA Stas	HATHA YOGA Chloe	AERIAL YOGA Stas	
16:30 - 17:30	RAW HOT YOGA BIKRAM Jay	RAW HOT YOGA BIKRAM Jay	RAW HOT YOGA BIKRAM Jay	RAW HOT YOGA BIKRAM Jay	RAW HOT YOGA BIKRAM Jay	RAW HOT YOGA BIKRAM Jay	RAW HOT YOGA BIKRAM Tom 15:00 - 16:00
16:30 - 17:30	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	
16:30 - 17:30	CORE SUP Jason				CORE SUP Jason		
SUP ZONE 3 17:30 - 18:30	SUP @ NAIHARN Chloe & Kat	SNORKELLING @ YANUI	SUP @ NAIHARN Maria	SUNGAZING & PARTNER MEDITATION @ PROMTHEP CAPE Sebastian	SUP @ NAIHARN Chris	SNORKELLING @ YANUI	
17:30 - 18:15	SUNSET BEACH CHILLOUT						
17:35 - 18:30	YIN RESTORATIVE YOGA Lexi	YIN RESTORATIVE YOGA Stas	YIN RESTORATIVE YOGA Lexi	YIN RESTORATIVE YOGA Stas	YIN RESTORATIVE YOGA Lexi	YIN RESTORATIVE YOGA Nicky	17:50 NIGHT MARKET Majella
18:00 - 19:00	DINNER						
19:00 - 20:00	HOW TO CREATE YOUR IDEAL LIFE Sam	GAMES NIGHT Brooke	THE LATEST TECHNIQUES IN ANTI-AGING PART 1 Mel	THE LATEST TECHNIQUES IN ANTI-AGING PART 2 Mel	TOP TOOLS TO BUILD SELF LOVE Sam	SPECIAL MASTERCLASS Phil	GUIDED MEDITATION Sophie
20:00 - 21:00	ANANDA MANDALA Sebastian	SALSA NIGHT Maarco	ENERGY HEALING MIND & BODY Talk, Meditation & Sample Healing with Light, Sound & Touch Sebastian & Venus	MEDITATION CONCERT Sophie, Anna & Toni	NEW MOON CACAO CEREMONY Anna, Mel, Toni & Sophie 19:00 - 21:00	ANCIENT TIBETAN MEDITATION FOR GOOD SLEEP & CRYSTAL SINGING BOWLS Toni & Anna	