



MOVE WITH SPACE
YOGA ACTIVITY HOLIDAYS

Activity Holiday Timetable 2022



Friday 23rd September - Arrival

4.00pm - Welcome Meeting (Main reception)
5.30pm - Yoga (Location TBC)

Saturday 24th September & Sunday 25th September

7.30pm - Morning Wake Up on the Beach
8.45pm - Yoga
4.30pm - Light Curcuit
5.30pm - Yoga

Monday 26th September

6.30am - Early Morning Yoga
Departure

If you would like to join us on the beach for your early morning wake up,
please arrive from 7.30am onwards at the beach

Entrance to swim, walk, jog, or just chat!

Morning Yoga location TBC

Afternoon activities: Excercise area

Meal Times

Breakfast - 7.30am to 10.30am
Evening Meal (2 sittings) - 7.30pm to 8.45pm, 8.45pm to 10.00pm