

## The Health Reset Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>07:30</b>	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee
<b>08:00</b>	Gentle Flow Yoga	Aqua Flow	Gentle Flow Yoga	Gentle Flow Yoga	Gentle Flow Yoga	Beach Walk & Swim	Gentle Flow Yoga
<b>09:00</b>	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast
<b>11:15</b>	Fun Boot Camp	Strength Lower Body	HIIT (Interval Training)	Box Fitness	HIIT (Interval Training)	Strength Upper Body	Muay Thai
<b>12:00/ 13:00</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>15:00</b>	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut
<b>17:00</b>	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
<b>18:00</b>	Herbal Steam/ Ice Bath	Herbal Steam/ Ice Bath	Herbal Steam/ Ice Bath	Herbal Steam/ Ice Bath	Herbal Steam/ Ice Bath	Herbal Steam/ Ice Bath	Herbal Steam/ Ice Bath
<b>19:00</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

In addition to the above schedule, we also offer additional daily activities such as: Health & well-being talks, sound healing meditation, yoga nidra, reiki, and breathwork.