Atmanjai
Detox Yoga Wellness

Fitness and Yoga Holiday Program Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee
08:00	Yoga	Yoga	Yoga	Yoga	Yoga	Beach Walk& Swim	Yoga
09:00	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast	Morning Shot + Breakfast
11:00	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
12:00/ 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut	Fresh Coconut
17:00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
18:00	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
19:00/ 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner