

# Stay Well, Keep Moving

## Join Rachel, Tu & Laurent with Wellness Classes at Fatumaru Lodge

|       | MON                                | TUE                              | WED | THU  | FRI                             | SAT                                  |
|-------|------------------------------------|----------------------------------|-----|--|---------------------------------|--------------------------------------|
| 8:00  |                                    |                                  |     |  |                                 | 08h00<br>Family Yoga<br>(Tu)         |
| 8:30  |                                    | 08h30<br>Abdo & Back<br>(Rachel) |     | 08h00<br>Stretching<br>postural<br>(Rachel)  |                                 |                                      |
| 9:00  |                                    |                                  |     |  |                                 |                                      |
| 9:30  |                                    |                                  |     |  |                                 | 09h30<br>Intro to Paddle<br>(Rachel) |
| 10:00 |                                    |                                  |     |  |                                 |                                      |
| 10:30 |                                    |                                  |     |  |                                 |                                      |
| 11:00 |                                    |                                  |     |  |                                 |                                      |
| 11:30 | 11h30<br>Yoga Postural<br>(Rachel) |                                  |     |  | 11 h30<br>Aquatonic<br>(Rachel) |                                      |
| 12:00 |                                    |                                  |     |  |                                 |                                      |
| 12:30 |                                    |                                  |     |  |                                 |                                      |
| 13:00 |                                    |                                  |     |  |                                 |                                      |
| 17:00 |                                    |                                  |     |  |                                 |                                      |
| 17:30 |                                    |                                  |     | 17h30<br>Méditation<br>Dynamique<br>(Rachel) |                                 |                                      |
| 18:00 |                                    |                                  |     |  |                                 |                                      |
| 18:30 |                                    |                                  |     |  |                                 |                                      |