

wellness

@MINERALSPORTSCLUB

<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>
MY DAILY PRACTICE 7:00am MINDFUL MONDAY 6:00pm	MY DAILY PRACTICE 6:00am YOGA POWER FLOW 9:45am YOGA + SOUND MEDITATION 7:00pm	GENTLE YOGA WITH MEDITATION 7:00am HEALING YOGA FOR MIND + BODY 9:15am YOGA + SOUND MEDITATION 7:00pm	TRANSFORMATIONAL BREATHWORK 6:00am AERIAL YOGA 7:00am YOGA FOUNDATION 9:15am RELEASE + RESTORE 6:30pm
<i>friday</i>	<i>saturday</i>		<i>sunday</i>
MY DAILY PRACTICE 8:00am	FIRE + FLOW 9:00am		RELEASE + RESTORE 7:15am