

# wellness

@MINERALSPORTSCLUB

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