



SANCTUM

WELLNESS

~ fitness programme

NOVEMBER 2020

	7.30am-8.15am		12pm-12.45pm	1pm-1.45pm		6.30pm-7.15pm	7.30pm-8.15pm
2 NOV 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
3 NOV 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
4 NOV 2020 Wednesday				Flow Yoga		Hatta Yoga	Core Workout
5 NOV 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
6 NOV 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
9 NOV 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
10 NOV 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
11 NOV 2020 Wednesday				Flow Yoga		Hatta Yoga	Core Workout
12 NOV 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
13 NOV 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
16 NOV 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
17 NOV 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
18 NOV 2020 Wednesday				Flow Yoga		Hatta Yoga	Core Workout
19 NOV 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
20 NOV 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
23 NOV 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
24 NOV 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
25 NOV 2020 Wednesday				Flow Yoga		Hatta Yoga	Core Workout
26 NOV 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
27 NOV 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
30 NOV 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength