



SANCTUM

WELLNESS

~ fitness programme

JANUARY 2021

	7.30am-8.15am		12pm-12.45pm	1pm-1.45pm		6.30pm-7.15pm	7.30pm-8.15pm
4 JAN 2021 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
5 JAN 2021 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
6 JAN 2021 Wednesday	Circuit Training		Core Workout	Flow Yoga		Hatta Yoga	Core Workout
7 JAN 2021 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
8 JAN 2021 Friday	Muscle & Strength		Circuit Training	Flow Yoga		BLT	Core Workout
11 JAN 2021 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
12 JAN 2021 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
13 JAN 2021 Wednesday	Circuit Training		Core Workout	Flow Yoga		Hatta Yoga	Core Workout
14 JAN 2021 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
15 JAN 2021 Friday	Muscle & Strength		Circuit Training	Flow Yoga		BLT	Core Workout
18 JAN 2021 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
19 JAN 2021 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
20 JAN 2021 Wednesday	Circuit Training		Core Workout	Flow Yoga		Hatta Yoga	Core Workout
21 JAN 2021 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
22 JAN 2021 Friday	Muscle & Strength		Circuit Training	Flow Yoga		BLT	Core Workout
25 JAN 2021 Monday				Flow Yoga		Hatta Yoga	Muscle & Strength
26 JAN 2021 Tuesday				Hatta Yoga		Flow Yoga	Circuit Training
27 JAN 2021 Wednesday	Circuit Training		Core Workout	Flow Yoga		Hatta Yoga	Core Workout
28 JAN 2021 Thursday							
29 JAN 2021 Friday	Muscle & Strength		Circuit Training	Flow Yoga		BLT	Core Workout