MOVE, THINK AND WORK SCHEDULE

Grey = work / meetings, yellow = time at mona vale clinic, light blue = yoga, dark blue = gym, purple = walk, green = treatment booked, black = travel, orange = spiritual

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
Pre 6am							
6-7am							
7-8am						Meditate	Meditate
8-9am	Meditate	Meditate	Meditate	Meditate	Meditate		Yoga MV
9-10am			Yoga MV	MV	Yoga MV	Walk/ Beach	
10-11am	Walk/ Beach	Gym					
11-12pm					RIFE		
12-1pm	Yoga Roz		Roz / LC Staff Meeting alt fortnights		Walk/ Beach		
1-2pm	ROZELLE CA workshop		Coaching LC/ Roz alt				
2-3pm	Chiro Coaching	MV	Acu	Coaching BJ/ Horn alt	Coaching Mona / Roz		
3-4pm	Acu		Rozelle 3-6pm				
4-5pm	LC & KX alt				Massage		
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10pm+	Affirmations	Affirmations	Affirmations	Affirmations	Affirmations	Affirmations	Affirmations

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