

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Key
8:00 AM	Closed	Closed	Closed	Closed	Energy Boost	Social Sessions are on the hour and Warm White
8:30 AM	Closed	Closed	Closed	Closed	Relax & De-Stress	
9:00 AM	Private Sessions	Parasite Cleanse		Weight Loss Support	Weight Loss Support	
9:30 AM		Energy Boost		Energy Boost	Parasite Cleanse	Meditate Sessions are on the half hour and Teal
10:00 AM		Energy Boost		Relax & De-Stress		
10:30 AM		Mood & Mental Clarity		Recovery & Muscle Support		
11:00 AM		Weight Loss Support		Private Sessions	Mood & Mental Clarity	
11:30 AM		Relax & De-Stress		Energy Boost	Leaky Gut Repair	
12:00 PM				Mood & Mental Clarity	Weight Loss Support	Closed
12:30 PM				Weight Loss Support	Relax & De-Stress	Closed
1:00 PM						Closed
1:30 PM						Closed
2:00 PM				Closed		
2:30 PM				Closed		
3:00 PM			Private Sessions	Closed		
3:30 PM	Private Sessions		Immune Support	Closed		
4:00 PM	Recovery & Muscle Support		Mood & Mental Clarity	Closed		
4:30 PM	Immune Support		Private Sessions	Closed		
5:00 PM	Lyme Support	Recovery & Muscle Support	Recovery & Muscle Support	Closed		
5:30 PM	Weight Loss Support	Lyme Support	Weight Loss Support	Closed		
6:00 PM	Closed	Weight loss Support	Immune Support	Closed		
		Leaky Gut Repair	Weight Loss Support	Private Sessions	Closed	
		Closed	Closed	Closed	Closed	