



Small Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am – 6:50am (Lis/Adrien) Adrien's driveway 8:00am – 8:50am (Adrien/Lis) Transpotomac Canal Center/next to statue and fountain	8:00am – 8:50am (Adrien/Lis) Windmill Hill Park basketball courts. 9:00am – 9:50am (Adrien/Lis) Windmill Hill Park basketball courts 12:00pm-12:50pm (Adrien) Windmill Hill park basketball courts	8:00am-8:50am (Adrien/Lis) Park or virtual option 9:00am-9:50am (Adrien) George Mason Elementary School blacktop 9:00-9:50am (Lis) Virtual through Zoom	8:00am – 8:50am (Adrien) Windmill Hill Park	6:00am – 6:50am (Lis) Adrien's driveway 8:00am – 8:50am (Adrien) George Mason Elementary School 9:00am-9:50am (Lis) Virtual through Zoom 10:00am – 10:50am (Adrien) George Mason Elementary School (TBD)	8:00am – 8:50am (Adrien/Lis) – Virtual or Park 9:00am – 9:50am (Adrien) – George Mason Elementary School blacktop	2:00pm – 2:50pm (Adrien)- George Mason Elementary

- **This schedule is subject to change given these uncertain times and various weather forecasts. Yet, we are as committed as can be to keep you fit and stress free!**
- **All 1-1 session with Adrien and Lis will be held at a location of the client's choice, virtual or local park**
- **Check on MINDBODY for updates to the schedule or with Adrien adrien@alexandriawellness.com for changes**
- **Additional sessions will be added on a weekly basis**