



## 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) George Mason Elementary School	8:00am – 8:50am (Adrien) Windmill Hill Park basketball courts.  9:00am – 9:50am (Adrien) Windmill Hill Park basketball courts  12:00pm-12:50pm (Adrien) Windmill Hill park basketball courts	8:00am-8:50am (Adrien or Lis) Park or virtual option  9:00am-9:50am (Adrien) George Mason Elementary School blacktop  10:00-10:50am (Lis) Virtual through Zoom	8:00am – 8:50am (Adrien) Windmill Hill Park	6:00am – 6:50am (Lis) George Mason Elementary School  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	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

- 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](mailto:adrien@alexandriawellness.com) for changes
- Additional sessions will be added on a weekly basis