

8.30 ... Body Blast and cold water therapy with @Debbie\_pt\_timson  
9.15 ... Booty Gainz with @Fitnesswithsianwomensgym  
10.00 ... music movement for the whole family with @moomusic\_l1  
10.30 ... yoga and meditation with @Ryantierney\_pt\_yoga  
11.30 ... guided meditation with @the\_purposepusher  
12.30 ... kids mental health talk with @carlalana  
13.00 ... workout with Barbie (kids session) with @fairytales\_and\_fun\_parties  
13.30 ... reiki and Crystal healing benefits @lorrainefletcher  
14.30 ... work out with @fiercefitness\_bycarley  
15.15 ... singing and dancing with Mr tumble (kids session) @mrtumbleliverpool  
16.00 ... abs blast with @bootycamliverpool  
16.30 ... free your mind with @robyns\_reiki\_  
17.00 ... socially progressive mental health with matty caine from First Persons Project  
18.00 ... music is therapy with @ameiliapreston\_dj  
19.00... singing with Elsa (kids session) @fairytales\_and\_fun\_parties  
19.30 ... yoga with @nicolacooke\_yoga  
20.30 ... purpose and prayer with Lauren @letmeshowyouhow13

Tune in all live at

@the\_weight\_loss\_prep\_kitchen