[Insert organisation name/logo]

# IN HOUSE ACTIVITIES [INSERT MONTH/YEAR]

|  |  |  |
| --- | --- | --- |
|  | **Activities name** | **Activity description** |
| **1** | **[insert activity name for example; yoga]** | **[Insert activity description, for example:****Morning class to encourage healthy and relaxation self-techniques with a combination of gentle workout to strength arms, legs, back and abdominals.]** |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |