

Team Cohesion Lunch Hour Workout Schedule

Dear Team,

We are excited to introduce our new Lunch Hour Workout Schedule aimed at enhancing team cohesion and promoting a healthy lifestyle. Please find the details below:

Workout Schedule

Day	Activity	Time	Location
Monday	Yoga	12:00 PM - 1:00 PM	Conference Room A
Wednesday	Team Sports (Basketball)	12:00 PM - 1:00 PM	Outdoor Court
Friday	Zumba	12:00 PM - 1:00 PM	Gym

Feel free to bring your workout gear and water bottles!

Looking forward to seeing everyone join in and have fun while staying fit!

Best Regards,
[Your Name]
[Your Position]