

Fitness Classes at The Retreat

January

Day	Time	Class	Instructor	Location	Duration
Monday	9.30 – 10.00	HIIT	Beejacks	Studio	30 Minutes
	10.15 – 11.15	Pilates	Beejacks	Studio	60 Minutes
	11.20 – 12.00	Aqua	Beejacks	Pool	40 Minutes
	19.30 – 20.30	Pilates	Sonja	Studio	60 Minutes
Tuesday	9.30 – 10.15	Abs and Legs	Caroline	Studio	45 Minutes
	10.30 – 11.30	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	13.00 – 14.00	Pilates	Alex	Studio	60 Minutes
	18.00 – 19.00	Pump	Beejacks	Studio	60 Minutes
	19.00 – 20.00	Tone and Balance	Beejacks	Studio	60 Minutes
Wednesday	09.30 – 10.30	Yoga	Amber	Portobello	60 Minutes
	10.30 – 11.15	Zumba	Beejacks	Studio	45 Minutes
	11.20 – 12.00	Aqua	Beejacks	Pool	40 Minutes
Thursday	07.30 – 8.00	Bootcamp	Beejacks	Gym & Studio	30 Minutes
	09.30 – 10.30	Pump	Beejacks	Studio	60 Minutes
	10.40 – 11.10	Spin	Beejacks	Studio	30 Minutes
	11.15 – 12.00	Aqua	Beejacks	Studio	45 Minutes
	18.15 – 19.00	HITT	Beejacks	Studio	45 Minutes
Friday	09.30 – 10.30	Yoga	Zoe	Orangery	60 Minutes
	10.30 – 11.30	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	12.15 – 13.15	Tone and Balance	Beejacks	Studio	60 Minutes
Saturday	10.00 – 11.00	Rotation		Studio	60 Minutes

Please book at <https://www.retreatelcotpark.com/spa/classes/>

Choose “Group Activities” and follow the on-screen prompts