

# FITNESS CLASSES

## *at The Retreat*

	<i>Time</i>	<i>Class</i>	<i>Instructor</i>	<i>Location</i>	<i>Duration</i>
<b><i>Monday</i></b>	09.15 – 10.15	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	09.15 – 10.15	Yoga	Olivia	Studio	60 Minutes
	10.20 – 11.20	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	10.20 – 11.05	Pump	Beejacks	Studio	45 Minutes
	11.10 – 12.00	Balance	Beejacks	Studio	50 minutes
	19.00 – 19.30	HIIT	Natalie	Studio	30 Minutes
	19.30 – 20.30	Pilates	Sonja	Studio	60 Minutes
<b><i>Tuesday</i></b>	09.30 – 10.15	*Tone	Caroline	Studio	45 Minutes
	10.30 – 11.30	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	11.35 – 12.35	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	13.00 – 14.00	Pilates	Alex	Studio	60 Minutes
	18.00 – 18.55	Pump	Beejacks	Studio	55 Minutes
	19.00 – 19.45	Spin	Beejacks	Studio	45 Minutes
<b><i>Wednesday</i></b>	09.30 – 10.30	Yoga	Amber	Studio	60 Minutes
	10.00 – 10.30	Aqua	Beejacks	Pool	30 Minutes
	10.35 – 11.05	Cardio Dance	Beejacks	Studio	30 Minutes
	11.10 – 11.55	Pump	Beejacks	Studio	45 Minutes
	13.00 – 13.45	Group PT	Natalie	Studio	45 Minutes
<b><i>Thursday</i></b>	08.45 – 09.45	Pump	Beejacks	Studio	60 Minutes
	09.45 – 10.30	Balance	Beejacks	Studio	45 Minutes
	10.30 – 11.30	Pilates	Sonja	Studio	60 Minutes
	17.30 – 18.30	Yoga	Olivia	Studio	60 Minutes
<b><i>Friday</i></b>	09.15 – 10.15	Yoga	Zoe	Studio	60 Minutes
	10.30 – 11.30	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	11.45 – 12.15	Metcon	Natalie	Studio	30 Minutes
<b><i>Saturday</i></b>	10.00 – 11.00	Yoga	Olivia	Studio	60 Minutes
<b><i>Sunday</i></b>	09.30 – 11.00	**Bootcamp	Natalie	Outdoors/Studio	90 minutes

*\*Please refer to our online booking system to see when the class will next commence*

*\*\*Monthly Bootcamp with additional charge (last Sunday of every month)*