

Fitness Classes at The Retreat

March & April 2023

Day	Time	Class	Instructor	Location	Duration
Monday	09.15 – 10.15	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	10.20 – 10.50	Spin	Beejacks	Studio	30 Minutes
	11.00 – 11.45	Aqua	Beejacks	Pool	45 Minutes
	11.30 – 12.30	Yoga	Amber	Studio	60 Minutes
	19.30 – 20.30	Pilates	Sonja	Studio	60 Minutes
Tuesday	09.30 – 10.15	*Tone	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
Wednesday	09.30 – 10.30	Yoga	Amber	Studio	60 Minutes
	10.35 – 11.20	Cardio Dance	Beejacks	Studio	45 Minutes
	11.30 – 12.15	Aqua	Beejacks	Pool	45 Minutes
	14.00 – 15.00	Pilates	Sonja	Studio	60 Minutes
Thursday	07.30 – 08.00	Bootcamp	Beejacks	Gym & Studio	30 Minutes
	09.15 – 09.45	Pump	Beejacks	Studio	30 Minutes
	10.30 – 11.30	Pilates	Sonja	Studio	60 Minutes
	11.15 – 12.00	Aqua	Beejacks	Pool	45 Minutes
	17.30 – 18.30	Yoga	Olivia	Studio	60 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 & Balance	Beejacks	Studio	60 Minutes
Saturday	09.00 – 10.00	*Cross Country Run	Caleb		
	10.30 – 11.30	Yoga	Olivia	Studio	60 Minutes

*This class does not happen every week, please refer to our online booking system to see when the class will next commence.

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