

FITNESS CLASSES

at The Retreat

	<i>Time</i>	<i>Class</i>	<i>Instructor</i>	<i>Location</i>	<i>Duration</i>
<i>Monday</i>	09.15 – 10.15	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	10.20 – 11.20	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	10.20 – 10.50	Spin	Beejacks	Studio	30 Minutes
	11.00 – 11.45	Pump	Beejacks	Studio	45 Minutes
	11.30 – 12.30	Yoga	Amber	Sanctuary	60 Minutes
	19.30 – 20.30	Pilates	Sonja	Sanctuary	60 Minutes
<i>Tuesday</i>	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	Sanctuary	60 Minutes
	18.00 – 18.55	Pump	Beejacks	Studio	60 Minutes
	19.00 – 19.45	Aqua	Beejacks	Pool	45 Minutes
<i>Wednesday</i>	09.30 – 10.30	Yoga	Amber	Sanctuary	60 Minutes
	10.35 – 11.05	Cardio Dance	Beejacks	Studio	30 Minutes
	11.10 – 11.55	Aqua	Beejacks	Pool	45 Minutes
	13.10 – 13.55	Group PT	Natalie	Studio	45 Minutes
	14.00 – 15.00	Pilates	Sonja	Sanctuary	60 Minutes
<i>Thursday</i>	07.30 – 08.00	Bootcamp	Beejacks	Gym & Studio	30 Minutes
	09.20 – 10.20	Pump	Beejacks	Studio	60 Minutes
	10.30 – 11.30	Pilates	Sonja	Sanctuary	60 Minutes
	11.30 – 12.00	Aqua	Beejacks	Pool	30 Minutes
	17.30 – 18.30	Yoga	Olivia	Sanctuary	60 Minutes
<i>Friday</i>	09.30 – 10.30	Yoga	Zoe	Sanctuary	60 Minutes
	10.30 – 11.30	Cardio Tennis	Lorna	Tennis Court	60 Minutes
	12.00 – 12.30	Metcon	Natalie	Studio	30 Minutes
	12.15 – 13.15	Tone & Balance	Beejacks	Sanctuary	60 Minutes
<i>Saturday</i>	10.00 – 11.00	Yoga	Olivia	Sanctuary	60 Minutes
<i>Sunday</i>	10.30 – 11.30	Tai Chi	Deb	Sanctuary	60 Minutes

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