

# SIGNET SPA

THE RETREAT

## CLASS TIMETABLE

	TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
MONDAY	09:15 - 10:15	CARDIO TENNIS	LORNA	COURTS	60 MINS
	09:15 - 10:15	YOGA	OLIVIA	SANCTUARY***	60 MINS
	10:20 - 11:20	CARDIO TENNIS	LORNA	COURTS	60 MINS
	10:20 - 11:05	PUMP	BEEJACKS	STUDIO	45 MINS
	11:10 - 12:00	BALANCE	BEEJACKS	STUDIO	50 MINS
TUESDAY	09:15 - 09:45	TRX & WEIGHTS	NATALIE	STUDIO	30 MINS
	10:30 - 11:30	CARDIO TENNIS	LORNA	COURTS	60 MINS
	11:35 - 12:35	CARDIO TENNIS	LORNA	COURTS	60 MINS
	12:45 - 13:45	PILATES	ALEX	SANCTUARY***	60 MINS
	18:00 - 18:55	PUMP	BEEJACKS	STUDIO	55 MINS
	19:00 - 19:45	SPIN	BEEJACKS	STUDIO	45 MINS
WEDNESDAY	09:30 - 10:30	YOGA	AMBER	SANCTUARY***	60 MINS
	09:30 - 10:00	AQUA	BEEJACKS	POOL	30 MINS
	10:35 - 11:05	CARDIO DANCE	BEEJACKS	STUDIO	30 MINS
	11:10 - 11:55	PUMP	BEEJACKS	STUDIO	45 MINS
	13:00 - 13:30	GROUP PT	NATALIE	STUDIO	45 MINS
THURSDAY	08:45 - 09:30	PUMP	BEEJACKS	STUDIO	45 MINS
	09:30 - 10:00	BALANCE	BEEJACKS	STUDIO	30 MINS
	10:10 - 10:40	AQUA	BEEJACKS	POOL	30 MINS
	11:00 - 12:00	PILATES	RACHEL	SANCTUARY***	60 MINS
	17:30-18:30	YOGA*	OLIVIA	SANCTUARY***	60 MINS
FRIDAY	09:15 - 10:15	YOGA	ZOE	SANCTUARY***	60 MINS
	10:30 - 11:30	CARDIO TENNIS	LORNA	TENNIS COURTS	60 MINS
	11:45 - 12:15	TRX & WEIGHTS	NATALIE	STUDIO	30 MINS
SATURDAY	10:00 - 11:00	YOGA	OLIVIA	SANCTUARY***	60 MINS
SUNDAY	09:30 - 11:00	BOOTCAMP**	NATALIE	OUTDOORS/STUDIO	90 MINS

\*Please refer to online booking system for when next class will be. \*\*Last Sunday of every month - additional charge

\*\*\*Weather dependant - if not, classes will be held in the Studio