

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	STUDIO	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
	18:30 - 19:30	PILATES	HOLLY	VIRTUAL/STUDIO	60 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	STUDIO	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	STUDIO	60 MINS
	10:00 - 10:30	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	30 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	STUDIO	60 MINS
	17:00 - 18:00	YOGA	OLIVIA	STUDIO	60 MINS
FRIDAY	07:00 - 07:30	CARDIO & WEIGHTS	NATALIE	VIRTUAL/STUDIO	30 MINS
	09:15 - 10:15	YOGA	ZOE	STUDIO	60 MINS
	10:30 - 11:30	CARDIO TENNIS	LORNA	TENNIS COURTS	60 MINS
	11:45 - 12:15	TRX & CORE	NATALIE	STUDIO	30 MINS
SATURDAY	10:00 - 11:00	YOGA	OLIVIA	STUDIO	60 MINS
SUNDAY	09:30 - 11:00	BOOTCAMP*	NATALIE	OUTDOORS/STUDIO	90 MINS

**Last Sunday of every month - additional charge*