

SIGNET SPA

THE RETREAT

CLASS TIMETABLE

W/C 23/12/2024

	TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
MONDAY	09:15 - 10:15	YOGA	OLIVIA	STUDIO	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	No Classes
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WEDNESDAY	No Classes
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THURSDAY	No Classes
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FRIDAY	No Classes
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SATURDAY	No Classes
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SUNDAY	No Classes
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SIGNET SPA

THE RETREAT

CLASS TIMETABLE

W/C 30/12/2024

	TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
MONDAY	09:15 - 10:15	YOGA	KERI	STUDIO	60 MINS
	18:30 - 19:30	PILATES	HOLLY	VIRTUAL/STUDIO	60 MINS
TUESDAY	09:15 - 09:45	TRX & WEIGHTS	NATALIE	STUDIO	30 MINS
WEDNESDAY	No Classes				
THURSDAY	No Classes				
FRIDAY	07:00 - 07:30	CARDIO & WEIGHTS	NATALIE	VIRTUAL/STUDIO	30 MINS
	09:15 - 10:15	YOGA	KERI	STUDIO	60 MINS
	11:45 - 12:15	TRX & CORE	NATALIE	STUDIO	30 MINS
SATURDAY	10:00 - 11:00	YOGA	KERI	STUDIO	60 MINS
SUNDAY	No Classes				