

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 | KERI | 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 | 30 MINS |
| | 19:00 - 20:00 | PILATES | SONJA | SANCTUARY*** | 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 | 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 - 13:45 | 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 |
| | 10:30 - 11:30 | PILATES | SONJA | SANCTUARY*** | 60 MINS |
| | 17:30-18:30 | YOGA* | AMBER | 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 | GROUP PT | NATALIE | STUDIO | 30 MINS |
| SATURDAY | 10:00 - 11:00 | YOGA | AMBER/KERI | 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*