

# 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	STUDIO	60 MINS
	10:20 - 11:20	CARDIO TENNIS	LORNA	COURTS	60 MINS
	10:20 - 11:05	PUMP	BEEKJACKS	STUDIO	45 MINS
	11:10 - 12:00	BALANCE	BEEJACKS	STUDIO	30 MINS
	18:30 - 19:00	HIIT	NATALIE	STUDIO	30 MINS
	19:00 - 20:00	PILATES	SONJA	STUDIO	60 MINS
TUESDAY	10:30 - 11:30	CARDIO TENNIS	LORNA	COURTS	60 MINS
	11:35 - 12:35	CARDIO TENNIS	LORNA	COURTS	60 MINS
	13:00 - 14:00	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
	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	STUDIO	60 MINS
FRIDAY	09:15 - 10:15	YOGA	ZOE	STUDIO	60 MINS
	10:30 - 11:30	CARDIO TENNIS	LORNA	TENNIS COURTS	60 MINS
	11:45 - 12:15	METCON	NATALIE	STUDIO	30 MINS
SATURDAY	10:00 - 11:00	YOGA	KERI	STUDIO	60 MINS
SUNDAY	09:30 - 11:00	BOOT CAMP	NATALIE	OUTDOORS/STUDIO	90 MINS

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