



THE RETREAT

AT REDWORTH HALL

RETREAT FITNESS CLASS SCHEDULE

Instructor Led and Fitness on Demand Classes are included in your membership

We advise booking your space in advance (Pilates, Yoga and any Circuits - 1 day prior or on the day only)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics 12.00pm – 12.45pm Instructor led	Total Toning 9.15am – 10.00am Instructor led	Upper body trainer 7.00am – 7.50am	Total body cardio and mobility 8.30am – 8.55am	Tone and Shred abs 7.15am – 7.45am	Total Body Circuit 8.30am – 8.50am	Total Body Flexibility 8.30am – 8.50am
Yoga 1.30pm – 3.00pm Instructor led	Aqua Aerobics 10.15pm – 11pm Instructor led	No equipment abs workout 3.00pm – 3.25pm	Pilates 12.45pm – 2.00pm Instructor led	Aqua Aerobics 11.00am – 11.45am Instructor led	Mobility Yoga 9.30am – 10.00am	War – martial arts based cardio 9.00am – 10.00am
30 Minute HIIT 6.30pm – 7.00pm Instructor led	Boxing Circuit 6.15pm – 7.15pm Instructor led	30 Minute HIIT 6.30pm – 7.00pm Instructor led	Original Circuit 6.15pm – 7.15pm Instructor led	Kickboxing interval training 6.00pm – 6.35pm	Cardio Kickboxing 5.00pm – 5.30pm	Daily Burn 365 5.00pm – 5.45pm



You can choose from 100's of classes whenever the studio is available to suit your schedule, current level and preference
Here are just some of the classes available for you to choose, start, stop, pause and change

Under 20 Minutes

No equipment high intensity workout – 19 minutes
Meditation on energy and focus – 14 minutes
Cardio core mashup – 14 minutes
Upper body trainer – 18 minutes
Core challenge – 11 minutes

Cardio

Kickboxing interval training – 34 minutes
Total Body Bootcamp – 21 minutes
Tone and Shred abs – 26 minutes
Power step – 32 minutes
Summer shred – 22 minutes

Mind & Body

Gentle little movements – 15 minutes
Not so hard-core – 21 minutes
Total body Pilates – 22 minutes
Mobility Yoga – 51 minutes
Total body cardio and mobility – 21 minutes

Dance Based

Jump and Jive – 31 minutes
Latin Remix – 30 minutes
Rhythm (basic Zumba/Latin) – 35 minutes
90's Hip Hop – 47 minutes
Jive, Quickstep, waltz based – 26 minutes

Ask one of the team for a set up demonstration

Ask an instructor for advice on how to incorporate an instructor led or on demand class into your routine

