



THE RETREAT
AT REDWORTH HALL

FITNESS CLASS

TIMETABLE

MONDAY

7am HIIT *	30 mins
7:30am Strength body blast *	30 mins
11am Aqua	45 mins
1:00pm Seasonal Yoga	90 mins
6.15pm Bollywood Blitz	45 mins
7pm Stretch Flex & Relax	45 mins

TUESDAY

7am HIIT *	30 mins
7:30am Strength body blast*	30 mins
9am Dance workout *	30 mins
12pm Pilates	60 mins
1pm Pilates	60 mins
6:15pm Circuits	60 mins
7:30pm Evening stretch*	30 mins

WEDNESDAY

7am HIIT *	30 mins
8:30am Total body workout	45 mins
9:30am Ying Yang Flow Yoga	60 mins
1:30pm Dance workout *	30 mins
6pm Pilates	60 mins
7pm Pilates	60 mins

THURSDAY

7am Morning stretch*	30 mins
7:30am Strength power circuits*	30 mins
9am Dance workout*	30 mins
1:30pm HIIT*	30 mins
6:15pm Boxing circuits	60 mins
7:30pm Hatha Yoga	60 mins

FRIDAY

7am HIIT *	30 mins
8:45am Pilates	60 mins
9:45am Pilates	60 mins
11am Aqua	45 mins
7:15pm Meditation*	30 mins

SATURDAY

8am Morning stretch*	30 mins
9am HIIT*	30 mins
3pm Dance workout *	30 mins
4pm Strength body blast *	30 mins

SUNDAY

9am HIIT	45 mins
10am Pilates	60 mins
6pm Evening stretch*	30 mins

All Classes with an * are virtually- lead classes using our state-of-the-art fitness on demand software.

Please contact one of our personal trainers at the leisure desk to book in your gym induction and start reaching your health goals today. To book a class go online or visit our leisure desk, we offer a range of exercise classes at a high standard to suit everyone's needs. Our virtually-led classes cater to all abilities and fitness levels. Available to book online 7 days in advance please book early to avoid disappointment.

