



THE RETREAT
AT REDWORTH HALL

FITNESS CLASS TIMETABLE

MONDAY

7am	HIIT *	30 mins
7:30am	Total Body Stretch*	30 mins
12pm	Aqua	45 mins
1:15pm	Vinyasa Yoga Flow	60 mins
6:15pm	Bollywood Blitz	45 mins

TUESDAY

7:30am	Walking Workout*	30 mins
8am	Tone & Shred*	30 mins
12noon	Pilates	50 mins
1pm	Pilates	50 mins
6:15pm	Core & Circuits	60 mins
7:30pm	Relaxation & Meditation *	20 mins

WEDNESDAY

7:30am	HIIT: Box & Flow*	30 mins
9:30am	Seasonal Yoga	90 mins
1pm	Pilates Sculpt*	35 mins
5:30pm	HIIT: Dance Fusion*	30 mins
6pm	Hatha Yoga	60 mins

THURSDAY

7:30am	HIIT: Firestarter*	60 mins
9am	Power Walking Workout*	30 mins
11am	Salsa Dance Class	50 mins
12pm	Aqua	45 mins
6pm	Pilates Flow	50 mins
7pm	Pilates Flow	50 mins

FRIDAY

9:30am	Full Body Core & Tone	60 mins
11am	Zumba Gold	50 mins
12noon	Mindful Stretch*	30 mins
5:30pm	HIIT*	30 mins
6:30pm	Sleep Meditation*	30 mins

SATURDAY

10am	HIIT*	30 mins
11am	Energising Yoga Flow*	30 mins
1pm	Power Circuits*	30 mins

SUNDAY

9am	HIIT	45 mins
1pm	Power Walking*	30 mins
3pm	Pilates*	50 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.

