



GLASS HOUSE

DETOX & WELLNESS RETREAT

EXERCISE CLASS ROTA

MONDAY

Morning Walk 7:45am-8:45am
GHR Fit 10:30am-11:00am
GHR Pilates 11:15am-12:15pm
GHR Toning 2:15pm-2:45pm
GHR Yoga 3:00pm-4:00pm

TUESDAY

Morning Walk 7:45am-8:45am
GHR BoxFit 10:15am-10:45am
GHR Pilates 11:00am-12:00pm
GHR Weights 2:15pm-2:45pm
GHR Stretch 3:00pm-3:45pm

WEDNESDAY

Morning Walk 7:45am-8:45am
GHR Toning 10:15am-10:45am
GHR Pilates 11:00am-12:00pm
GHR Fit 2:15pm-2:45pm
GHR Stretch 3:00pm-3:45pm

THURSDAY

Morning Walk 7:45am-8:45am
GHR Weights 10:30am-11:00am
GHR Yoga 11:30am-12:30pm
GHR BoxFit 2:15pm-2:45pm
GHR Yoga Meditation and Mindfulness
3:00pm-3:30pm

FRIDAY

Morning Walk 10:00am-11:00am
GHR Pilates 11:00am-12:00am
GHR Fit 12:15am-12:45pm
GHR Yoga Meditation and Mindfulness
2:15pm-3:00pm
GHR Aqua 3:15pm-4:00pm

SATURDAY

Morning Walk 7:45am-8:45am
GHR BoxFit 10:30am-11:00am
GHR Aqua 11:30am-12:30pm
GHR Weights 2:15pm-2:45pm
GHR Stretch 3:30pm-4:00pm

SUNDAY

Morning Walk 7:45am-8:45am
GHR Toning 10:30am-11:00am
GHR Yoga and Mindfulness
11:30am-12:30pm
GHR Aqua 2:15pm-3:00pm
GHR Stretch 3:30pm-4:00pm

(subject to change)

