



# GLASS HOUSE

DETOX & WELLNESS RETREAT

## EXERCISE CLASS ROTA

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

Morning Walk 7:45am-8:45am  
GHR Weights 10:00am-10:30am  
GHR Aqua Aerobics 11:15am-12:00pm  
GHR Fit 2:15pm-2:45pm  
GHR Yoga Meditation 3:00pm-4:00pm

### FRIDAY

Morning Walk 10:00am-11:00am  
GHR Pilates 11:00am-11:45am  
GHR Toning 12:15pm-12:45pm  
GHR Yoga Meditation 2:15pm-2:45pm  
GHR Aqua Aerobics 3:00pm-3:30pm

### SATURDAY

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

### SUNDAY

Morning Walk 7:45am-8:45am  
GHR Toning 10:00am-10:30am  
GHR Yoga 11:15am-12:15pm  
GHR Water Aerobics 2:15pm-2:45pm  
GHR Stretch 3:00pm-3:30pm

*(subject to change)*

