



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-3:30pm

FRIDAY

Morning Walk 7:45am-8:45am
GHR Pilates 10:00am-10:45am
GHR Toning 11:15am-11:45am
GHR Yoga Mindfulness 2:15pm-2:45pm
GHR Water 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)

