



# GLASS HOUSE

DETOX & WELLNESS RETREAT

## EXERCISE CLASS ROTA

### MONDAY

Morning Walk 7:45am  
GHR Fit 10:00am  
GHR Pilates 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - CALM)*  
GHR Toning 2:15pm  
GHR Yoga 3:00pm  
Workshop in the Dome 5:00pm  
*(The art of effective people)*

### TUESDAY

Morning Walk 7:45am  
GHR Pilates 10:00am  
GHR Aqua Aerobics 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - anxiety)*  
GHR Weights 2:15pm  
GHR Stretch 3:00pm  
Workshop in the Dome 5:00pm  
*(Positive Psychology)*

### WEDNESDAY

Morning Walk 7:45am  
GHR Toning 10:00am  
GHR Yoga 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - deep)*  
GHR Fit 2:15pm  
GHR Stretch 3:00pm  
Workshop in the Dome 5:00pm  
*(Sleep & Relaxation)*

### THURSDAY

Morning Walk 7:45am  
GHR Weights 10:00am  
GHR Aqua Aerobics 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - muscle)*  
GHR Fit 2:15pm  
GHR Yoga Meditation 3:00pm  
Workshop in the Dome 5:00pm  
*(Preventative health)*



# GLASS HOUSE

DETOX & WELLNESS RETREAT

## EXERCISE CLASS ROTA

### FRIDAY

Morning Walk 7:45am  
GHR Pilates 10:00am  
GHR Toning 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - tranquil)*  
GHR Yoga Meditation 2:15pm  
GHR Aqua Aerobics 3:00pm  
Workshop in the Dome 5:00pm  
*(Growth mindset)*

### SATURDAY

Morning Walk 7:45am  
GHR Toning 10:00am  
GHR Aqua Aerobics 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - unwind)*  
GHR Weights 2:15pm  
GHR Stretch 3:00pm  
Workshop in the Dome 5:00pm  
*(Goal Setting)*

### SUNDAY

Morning Walk 7:45am  
GHR Toning 10:00am  
GHR Yoga 11:15am  
Mindfulness in the Dome 12:00pm  
*(Breathwork - alleviate)*  
GHR Aqua Aerobics 2:15pm  
GHR Stretch 3:00pm  
Workshop in the Dome 5:00pm  
*(Sleep & Relaxation)*