



GLASS HOUSE

DETOX & WEIGHT LOSS RETREAT

Monday

7.45am – 8.45am: Morning Walk
10.00am – 10.30am: GHR Fit
11.15am – 12.00pm: GHR Pilates
12.00pm - 12.30pm: Breathwork – Calm*
2.15pm – 2.45pm: GHR Toning
3.00pm – 4.00pm: GHR Yoga
5.00pm – 5.30pm: The art of effective people*

Wednesday

7.45am – 8.45am: Morning Walk
10.00am – 10.30am: GHR Toning
11.15am – 12.15pm: GHR Yoga
12.00pm - 12.30pm: Breathwork – Deep*
2.15pm – 2.45pm: GHR Fit
3.00pm – 3.30pm: GHR Stretch
5.00pm – 5.30pm: Sleep & Relaxation*

Friday

7.45am – 8.45am: Morning Walk
10.00am – 10.45pm: GHR Pilates
11.15am-11.45am: GHR Toning
12.00pm - 12.30pm: Breathwork- Tranquil*
2.15pm – 2.45pm: GHR Yoga Meditation
3.00pm – 3.30pm: GHR Aqua Aerobics
5.00pm – 5.30pm: Growth Mindset*

Sunday

7.45am – 8.45am: Morning Walk
10.00am – 10.30am: GHR Toning
11.15am – 12.15pm: GHR Yoga
12.00pm - 12.30pm: Breathwork – Alleviate*
2.15pm – 2.45pm: GHR Water Aerobics
3.00pm – 3.30pm: GHR Stretch
5.00pm – 5.30pm: Sleep & Relaxation*

Tuesday

7.45am – 8.45am: Morning Walk
10.00am – 10.45am: GHR Pilates
11.15am – 11.45pm: GHR Aqua Aerobics
12.00pm - 12.30pm: Breathwork – Anxiety*
2.15pm – 2.45pm: GHR Weights
3.00pm – 3.30pm: GHR Stretch
5.00pm – 5.30pm: Positive Psychology*

Thursday

7.45am – 8.45am: Morning Walk
10.00am – 10.30am: GHR Weights
11.15am – 12.00pm: GHR Aqua Aerobics
12.00pm - 12.30pm: Breathwork – Muscle*
2.15pm – 2.45pm: GHR Fit
3.00pm – 4.00pm: GHR Yoga Meditation
5.00pm – 5.30pm: Preventative Health*

Saturday

7.45am – 8.45am: Morning Walk
10.00am – 10.30am: GHR Toning
11.15am – 12.00pm: GHR Aqua Aerobics
12.00pm - 12.30pm: Breathwork – Unwind*
2.15pm – 2.45pm: GHR Weights
3.00pm – 3.30pm: GHR Stretch
5.00pm – 5.30pm: Goal Setting*

- **Please note all of our classes will be held in the Studio with exception of our 12pm Midday Mindfulness & 5pm Work'In Workshops that will be held in The Dome**