

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Spin <i>with Rebecca</i> 7 - 7.30AM	HITT <i>with Curtis</i> 7 - 8AM	Spin <i>with Rebecca</i> 6.30 - 7AM	Yoga <i>with Mirka</i> 7.30 - 8.30AM	Yoga <i>with Mirka</i> 8.30 - 9.30AM	
Yoga <i>with Mirka</i> 10.30 - 11.30AM	Core <i>with Rebecca</i> 7.45 - 8.30AM			Pilates <i>with Gemma</i> 8.30 - 9.30AM	Pilates <i>with Gemma</i> 10 - 11AM	HITT <i>with Curtis</i> 9 - 10AM
Spin Power Hour <i>with James</i> 6.30 - 7.30PM	Flow Yoga with Meditation <i>with Rochelle</i> 6.30 - 7.45PM	Pilates <i>with Hilary</i> 6.30 - 7.30PM	Flow Yoga <i>with Mirka</i> 6.15 - 19.15PM	Boxercise <i>with Curtis</i> 5.30 - 6.30PM		Flow Yoga with Meditation <i>with Rochelle</i> 4 - 5.15PM
HIIT <i>with Curtis</i> 7.45 - PM		Legs, Bums & Tums <i>with Rebecca</i> 7.45 - 8.30PM	Spin & Sweat <i>with James</i> 7.30 - 8.30PM			



H<sup>A</sup><sub>R</sub>SPA & CLUB