
























GUILDFORD HARSPA & CLUB CLASS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|---|---|---|--|--|
| 7.15 - 8.15AM | <p>SPIN with Alice</p> <p> </p> | <p>STRENGTH & PERFORMANCE with Adam</p> <p> </p> | <p>BODY BLITZ with Adam</p> <p> </p> | <p>SPIN with Alice</p> <p> </p> | <p>BOXING with Michael 9AM</p> <p>  </p> |
| 12.15 - 1.15PM | <p>FAT BURN with Adam</p> <p> </p> | <p>CONDITIONING with Ian</p> <p> </p> | <p>HIIT with Louise</p> <p>  </p> | <p>PILATES with Fiona</p> <p></p> | |
| 6.15 - 7.15PM | <p>BOXING Michael</p> <p>  </p> | <p>PILATES with Fiona</p> <p></p> | <p>KICKBOXING with Louise</p> <p>  </p> | | |

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY