

# SOUTHAMPTON HARSPA & CLUB CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>YOGA with Rochelle 8.30 - 9.30AM</p> <p></p>	<p>FLOW YOGA with Rochelle 10 - 11AM</p> <p></p>	<p>HIIT with Curtis 7 - 7.45AM</p> <p>  </p>	<p>YOGA with Mirka 10.30 - 11.30AM</p> <p></p>	<p>YOGA with Mirka 7.30 - 8.30AM</p> <p></p>	<p>YOGA with Mirka 8.30 - 9.30AM</p> <p></p>	<p>HIIT with Curtis 9 - 9.45AM</p> <p>  </p>
<p>SPIN with James 6.30 - 7.30AM</p> <p> </p>	<p>DANCE with Lara 5 - 6PM</p> <p> </p>	<p>AQUA with Curtis 8 - 8.45AM</p> <p> </p>	<p>KETTLE STEP with Curtis 5 - 5.30PM</p> <p>  </p>	<p>PILATES with Gemma 8.30 - 9.30AM</p> <p> </p>	<p>PILATES with Gemma 10 - 11AM</p> <p> </p>	<p>KETTLE STEP with Curtis 10 - 10.45AM</p> <p>  </p>
<p>BODY BLAST with James 87.45 - 7.30AM</p> <p>  </p>	<p>YOGA MEDITATION with Rochelle 6.30 - 7.45PM</p> <p></p>	<p>PILATES with Hilary 6 - 6.45PM</p> <p> </p>	<p>YOGA with Mirka 6.30 - 7.30PM</p> <p></p>	<p>AQUA with Curtis 4 - 4.45PM</p> <p> </p>		<p>YIN YOGA with Rochelle 4 - 5.15PM</p> <p></p>
			<p>SPIN with James 7.35 - 8.35PM</p> <p> </p>	<p>BOXERCISE with 5.30 - 6.15PM</p> <p>  </p>		

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY