





















# SOUTHAMPTON HARSPA & CLUB CLASS TIMETABLE

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

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY