















# HARSPA & CLUB CLASS TIMETABLE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY  |
|---|--|---|---|---|--|---|
| <p>SPIN<br/>with Alice<br/>7.15AM - 8.15AM</p> <p></p>       | <p>STRENGTH &amp; PERFORMANCE<br/>with Adam<br/>7.15AM - 8.15AM</p> <p></p> | <p>BODY BLITZ<br/>with Chris<br/>7.15AM - 8.15AM</p> <p></p>     | <p>SPIN<br/>with Alice<br/>7.15AM - 8.15AM</p> <p></p>                         |   | <p>BOXING<br/>with Michael<br/>9AM - 10AM</p> <p></p> | <p>YOGA<br/>with Maxine<br/>9.45AM - 10.45AM</p> <p></p> |
| <p>FAT BURN<br/>with Adam<br/>12.15PM - 1.15PM</p> <p></p> | <p>BODY CONDITIONING<br/>with Ian<br/>12.15PM - 1.15PM</p> <p></p>        | <p>KICKBOXING<br/>with Louise<br/>12.15PM - 1.15PM</p> <p></p> | <p>STRENGTH &amp; PERFORMANCE<br/>with Adam<br/>12.15PM - 1.15PM</p> <p></p> | <p>PILATES<br/>with Fiona<br/>12.15PM - 1.15PM</p> <p></p> |  |   |
| <p>BOXING<br/>with Michael<br/>6.15PM - 7.15PM</p> <p></p> | <p>PILATES<br/>with Fiona<br/>6.15PM - 7.15PM</p> <p></p>                 | <p>KICKBOXING<br/>with Louise<br/>7.15PM - 8.15PM</p> <p></p>  | <p>BOXING<br/>with Michael<br/>6.15PM - 7.15PM</p> <p></p>                   |   |  |   |

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY