

HARSPA & CLUB CLASS TIMETABLE

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

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY