

HARSPA & CLUB CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CIRCUITS with James 7.15AM - 8AM 	BODY CONDITIONING with Chris 7.15AM - 8AM 	YOGA with Amelia 7AM - 7.45AM 	SPIN with James 7.15AM - 8AM 		
					BOXING with Michael 9AM - 9.45AM 	YOGA with Amelia 10.30AM - 11.30AM 
FAT BURN with Adam 12.15PM - 1PM 	PILATES with Heidi 1.30PM - 2.15PM 	HIIT with Louise 12.15PM - 1PM 	STRENGTH & PERFORMANCE with Adam 12.15PM - 1PM 			
BOXING with Michael 6.15PM - 7.15PM 		STRETCH & MOBILITY with Louise 1PM - 1.30PM 		BODY CONDITIONING with Ian 12.15PM - 1PM 		
	BARRE with Amelia 7.15PM - 8PM 	KICK BOXING with Louise 7.00PM - 7.45PM 	BOXING with Michael 6.15PM - 7PM 	YOGA with Amelia 6.15PM - 7PM 	YOGA with Amelia 4.30PM - 5.15PM 	

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY