















































HARSPA & CLUB CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<div>BODYPUMP</div> <div>with Gabrielle</div> <div></div> <div>8 - 9AM Studio 1</div>		<div>VINYASA YOGA</div> <div>with Sarah</div> <div></div> <div>7.30 - 8.30AM Studio 1</div>		<div>LBT</div> <div>with Angeliki</div> <div></div> <div>8 - 9AM Studio 1</div>		<div>VINYASA YOGA</div> <div>with Sarah</div> <div></div> <div>7.30 - 8.30AM Studio 1</div>		<div>YOGA</div> <div>with Pamela</div> <div></div> <div>8 - 8.55AM Studio 1</div>		<div>HIIT</div> <div>with Carl</div> <div></div> <div>8 - 9AM Studio 1</div>		<div>LBT</div> <div>with Angeliki</div> <div></div> <div>8 - 9AM Studio 1</div>	
<div>BODYBALANCE</div> <div>with Jennifer</div> <div></div> <div>9.30 - 10.30AM Studio 1</div>		<div>HATHA YOGA</div> <div>with Kirsty</div> <div></div> <div>9 - 10AM Studio 1</div>		<div>HIIT</div> <div>with Carl</div> <div></div> <div>9.30 - 10.30AM Studio 1</div>		<div>MINDFUL HATHA FLOW</div> <div>with Penny</div> <div></div> <div>9 - 10AM Studio 1</div>		<div>HATHA YOGA</div> <div>with Edwina</div> <div></div> <div>11 - 12PM Studio 1</div>		<div>CORE CLINIC</div> <div>with Carl</div> <div></div> <div>9 - 10AM Studio 1</div>		<div>BODYBALANCE</div> <div>with Linda</div> <div></div> <div>9 - 10AM Studio 1</div>	
<div>STRENGTH & BALANCE</div> <div>with Jon</div> <div></div> <div>10.30 - 11.30AM Studio 1</div>		<div>PILATES</div> <div>with Natalia</div> <div></div> <div>10 - 11AM Studio 1</div>		<div>PILATES</div> <div>with Pamela</div> <div></div> <div>10.40 - 11.25AM Studio 1</div>		<div>STRENGTH & BALANCE</div> <div>with Jon</div> <div></div> <div>10 - 11AM Studio 1</div>		<div>AQUA</div> <div>with Mandy</div> <div></div> <div>11 - 12AM Studio 1</div>		<div>PILATES</div> <div>with Natalia</div> <div></div> <div>10 - 11AM Studio 1</div>		<div>VINYASA YOGA</div> <div>with Sarah</div> <div></div> <div>10 - 11AM Studio 1</div>	
<div>HIIT</div> <div>with Gabrielle</div> <div></div> <div>11.45 - 12.45PM Studio 1</div>		<div>PILATES</div> <div>with Natalia</div> <div></div> <div>11.15 - 12.15PM Studio 1</div>		<div>PILATES</div> <div>with Pamela</div> <div></div> <div>11.30 - 12.15PM Studio 1</div>		<div>AQUA</div> <div>with Mandy</div> <div></div> <div>10 - 11AM Pool</div>		<div>INSANITY</div> <div>with Mandy</div> <div></div> <div>12 - 1PM Studio 1</div>		<div>MINDFUL HATHA YOGA</div> <div>with Natalia</div> <div></div> <div>11.15AM - 12.15PM Studio 1</div>			
<div>HATHA YOGA</div> <div>with Kirsty</div> <div></div> <div>4.45 - 5.45PM Studio 1</div>		<div>AQUA</div> <div>with Mandy</div> <div></div> <div>11.30 - 12.30PM Pool</div>		<div>HIIT</div> <div>with Carl</div> <div></div> <div>12:15 - 1:15PM Studio 1</div>		<div>ZUMBA®</div> <div>with Simona</div> <div></div> <div>11.15AM - 12PM Studio 1</div>		<div>BARRE</div> <div>with Amelia</div> <div></div> <div>1.15 - 2.15PM Pool</div>		<div>BODYPUMP</div> <div>with Na'Young</div> <div></div> <div>12:45PM - 1:45PM Studio 1</div>			
		<div>LBT</div> <div>with Angeliki</div> <div></div> <div>6 - 6.45PM Studio 1</div>						<div>STRETCH</div> <div>with Anelia</div> <div></div> <div>2.15 - 3.15PM Studio 1</div>				<div>PILATES</div> <div>with Natalia</div> <div></div> <div>1 - 2PM Studio 1</div>	
<div>BODYPUMP</div> <div>with Pamela</div> <div></div> <div>6 - 6.45PM Studio 1</div>		<div>SPIN</div> <div>with Gabrielle</div> <div></div> <div>6 - 7PM Studio 2</div>		<div>IYENGAR YOGA</div> <div>with Ann</div> <div></div> <div>6 - 7PM Studio 1</div>		<div>HATHA YOGA</div> <div>with Kirsty</div> <div></div> <div>5.45 - 6.45PM Studio 1</div>		<div>PILATES</div> <div>with Anelia</div> <div></div> <div>5.15 - 6.15PM Studio 1</div>					
<div>YOGA</div> <div>with Pamela</div> <div></div> <div>6.50 - 7.35PM Studio 1</div>		<div>BODYPUMP</div> <div>with Gabrielle</div> <div></div> <div>7 - 8PM Studio 1</div>		<div>BOXERCISE ‘BOXING’</div> <div>with Carl</div> <div></div> <div>7.30 - 8.30PM Studio 1</div>		<div>VINYASA YOGA</div> <div>with Steve</div> <div></div> <div>7 - 8PM Studio 1</div>		<div>STRETCH</div> <div>with Anelia</div> <div></div> <div>6.15 - 7.15PM Studio 1</div>					
	ZUMBA®	LES MILLS™	BEACHBODY®	 MODERATE		  INTERMEDIATE		   HIGH INTENSITY					