

HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP with Gabrielle 8 - 9AM STUDIO 1 ♡♡	VINYASA YOGA with Sarah 7.30 - 8.30AM STUDIO 1 ♡	LBT with Angeliki 8 - 9AM STUDIO 1 ♡♡	VINYASA YOGA with Sarah 7.30 - 8.30AM STUDIO 1 ♡	YOGA with Pamela 8 - 8.55AM STUDIO 1 ♡	HIIT with Carl 8 - 9AM STUDIO 1 ♡♡♡	LBT with Angeliki 8 - 9AM STUDIO 1 ♡♡
	HATHA YOGA with Kirsty 9 - 10AM STUDIO 1 ♡	HIIT with Carl 9.30 - 10.30AM STUDIO 1 ♡♡♡	MINDFUL HATHA FLOW with Penny 9 - 10AM STUDIO 1 ♡	HATHA YOGA with Kirsty 11AM - 12PM STUDIO 1 ♡	CORE CLINIC with Carl 9 - 10AM STUDIO 1 ♡♡	BODYBALANCE with Linda 9 - 10AM STUDIO 1 ♡
STRENGTH & BALANCE with Jon 10.30 - 11.30AM STUDIO 1 ♡	PILATES with Natalia 10 - 11AM STUDIO 1 ♡♡	PILATES with Pamela 10.40 - 11.25AM STUDIO 1 ♡♡	STRENGTH & BALANCE with Jon 10 - 11AM STUDIO 1 ♡	AQUA with Mandy 11AM-12PM POOL ♡♡	PILATES with Natalia 10 - 11AM STUDIO 1 ♡♡	VINYASA YOGA with Sarah 10 - 11AM STUDIO 1 ♡
HIIT with Gabrielle 11.45AM - 12.45PM STUDIO 1 ♡♡♡	PILATES with Natalia 11.15 AM - 12.15PM STUDIO 1 ♡♡	PILATES with Pamela 11.30 - 12.15PM STUDIO 1 ♡	AQUA with Mandy 10 - 11AM POOL ♡	INSANITY with Mandy 12PM- 1PM STUDIO 1 ♡♡	MINDFUL HATHA YOGA with Natalia 11.15AM - 12.15PM STUDIO 1 ♡	
HATHA YOGA with Kirsty Studio 1 4.45PM-5.45PM ♡	AQUA with Mandy 11.45AM- 12.30PM POOL ♡♡	HIIT with Carl 12:15 - 1:15PM STUDIO 1 ♡♡♡	ZUMBA® with Simona 11.15AM - 12PM STUDIO 1 ♡♡	BARRE with Anelia 1.15PM- 2.15PM STUDIO 1	BODYPUMP with Na'Young 12:30PM - 1:30PM STUDIO 1 ♡♡	
BODYPUMP with Pamela 6 - 6.45PM STUDIO 1 ♡♡	LBT with Angeliki 6.00PM-6.45PM STUDIO 1 ♡♡		SPIN with Katie 1PM- 2PM STUDIO 2 ♡♡	PILATES with Anelia 2.15PM- 3.15PM STUDIO 1 ♡♡		PILATES with Natalia 1 - 2PM STUDIO 1 ♡♡
YOGA with Pamela 6.50 - 7.35PM STUDIO 1 ♡		IYENGAR YOGA with Ann 6 - 7PM STUDIO 1 ♡	HATHA YOGA with Kirsty 5.45PM- 6.45PM STUDIO 1 ♡	PILATES with Anelia 5.15PM-6.15PM STUDIO 1 ♡♡		
	BODYPUMP with Gabrielle 7 - 8PM STUDIO 1 ♡♡	BOXERCISE 'BOXING' with Carl 7.30PM- 8.30PM ♡♡	VINYASA YOGA with Steve 7 - 8PM STUDIO 1 ♡	STRETCH with Anelia 6.15PM - 7.15PM STUDIO 1 ♡♡		

ZUMBA®

LES MILLS™

BEACHBODY®

♡ MODERATE

♡♡ INTERMEDIATE

♡♡♡ HIGH INTENSITY