

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
BODYBALANCE with Jennifer  9.30 - 10.30AM Studio 1	HATHA YOGA with Kirsty  9 - 10AM Studio 1	HIIT with Carl    9.30 - 10.30AM Studio 1	MINDFUL HATHA FLOW with Tina  9 - 10AM Studio 1	PILATES with Anelia   9 - 10AM Studio 1	CORE CLINIC with Geoff   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	BARRE with Anelia   10 - 11AM Studio 1	PILATES with Natalia   10 - 11AM Studio 1	VINYASA YOGA with Sarah  10 - 11AM Studio 1
HIIT with Gabrielle    11.30 - 12.30PM Studio 1		PILATES with Pamela    11.30 - 12.15PM Studio 1	AQUA with Mandy   10 - 11AM Pool	HATHA YOGA with Edwina  11AM - 12PM Studio 1	MINDFUL HATHA YOGA with Tina  11.30AM - 12.30PM Studio 1	
		HIIT with Carl    12:15 - 1:15PM Studio 1	ZUMBA® with Simona   11AM - 12PM Studio 1	INSANITY with Mandy    12 - 1PM Studio 1	BODYPUMP with Gabrielle   12:30PM - 1:30PM Studio 1	
				AQUA with Susan   1 - 2PM Pool		PILATES with Natalia   1 - 2PM Studio 1
BODYPUMP with Pamela   6 - 6.45PM Studio 1	SPIN with Gabrielle   6 - 7PM Studio 2	IYENGAR YOGA with Ann   6 - 7PM Studio 1		STRETCH with Anelia  5 - 6PM Studio 1		
YOGA with Pamela  6.50 - 7.35PM Studio 1	BODYPUMP with Gabrielle   7 - 8PM Studio 1		VINYASA YOGA with Steve  7 - 8PM Studio 1	STRETCH with Anelia   6 - 7PM Studio 1		

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 MODERATE

  INTERMEDIATE

   HIGH INTENSITY