HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP with Gabrielle 8.00 - 9.00AM | STUDIO 1	VINYASA YOGA with Steve 7.00 - 8.00AM | STUDIO 1	BODYBALANCE with Angeliki 8.00 - 9.00AM | STUDIO 1	VINYASA YOGA with Penny 7.30 - 8.30AM | STUDIO 1	VINYASA FLOW YOGA with Pamela 8.00 - 8.55AM | STUDIO 1	HIIT with Carl 8.00 - 9.00AM | STUDIO 1	FULL BODY TONE with Angeliki 8.00 - 9.00AM | STUDIO 1
STRENGTH & BALANCE with Jon 10.30 - 11.30AM | STUDIO 1	HATHA YOGA with Kirsty 9.00 - 10.00AM | STUDIO 1	HIIT with Carl 9.15 - 10.00AM | STUDIO 1	MINDFUL HATHA FLOW with Penny 9.00 - 10.00AM | STUDIO 1	PILATES with Pamela 9.00 - 9.45AM | STUDIO 1	CORE CLINIC with Carl 9.00 - 10.00AM | STUDIO 1	BODYBALANCE with Linda 9.00 - 10.00AM | STUDIO 1
HIIT with Gabrielle 11.45 - 12.45AM | STUDIO 1	PILATES with Natalia 10.00 - 11.00AM | STUDIO 1	STRENGTH & BALANCE with Jon 10.00 - 11.00AM | STUDIO 1	STRENGTH & BALANCE with Jon 10.00 - 11.00AM | STUDIO 1	HATHA YOGA with Kirsty 11.00 - 12.00PM | STUDIO 1	PILATES with Natalia 10.00 - 11.00AM | STUDIO 1	VINYASA YOGA with Sophie 10.00 - 11.00AM | STUDIO 1
AQUA with Mandy 12.00 - 12.45 PM | POOL	PILATES with Natalia 11.15 - 12.15AM | STUDIO 1	PILATES with Pamela 11.00 - 12.00PM | STUDIO 1	AQUA with Mandy 10.00 - 10.45 AM | POOL	FULL BODY WEIGHTS with Emma 12.00 - 1.00PM | STUDIO 1	DEEP FLOW YOGA with Natalia 11.15 - 12.15AM | STUDIO 1	PILATES RA'SHAWN 1.15 - 2.15PM | STUDIO 1
HATHA YOGA with Kirsty 4.45 - 5.45 PM | STUDIO 1	AQUA with Mandy 11.30 - 12.15AM | POOL	HIIT with Carl 12.15 - 1.15 PM | STUDIO 1	ZUMBA® with Simona 11.15 - 12.15AM | STUDIO 1	TAI CHI with Fiona 1.15 - 2.15PM | STUDIO 1	BODYPUMP with Na Young 12:45 - 1:45PM | STUDIO 1	YOGA with Antonello 6.15 - 7.15PM | STUDIO 1
BODY PUMP with Pamela 6.00 - 6.45PM | STUDIO 1	TOTAL BODY WORKOUT with Mandy 12.30 - 1.15PM | STUDIO 1	IYENGAR YOGA with Ann 6.00 - 7.00 PM | STUDIO 1	HATHA YOGA with Kirsty 5.00 - 6.00PM | STUDIO 1	SOUND BATH MEDITATION with Amy 17.30 - 18.15PM | STUDIO 1		
VINYASA YOGA with Pamela 7.00 - 7.45 PM | STUDIO 1	BODYPUMP with Gabrielle 7.00 - 8.00PM | STUDIO 1	BOXERCISE BOXING with Carl 7.30 - 8.30 PM | STUDIO 1	VINYASA YOGA with Steve 7.00 - 8.00PM | STUDIO 1	STRETCH with Hazel 18.30 - 19.30PM | STUDIO 1		

ZUMBA® | LES MILLS™ | BEACHBODY®

MODERATE | INTERMEDIATE | HIGH INTENSITY