

# HARSPA

## TIMETABLE

Classes are complimentary to members of HarSPA, available to book 7 days in advance.

Non-Members £10.00 per class, available to book 48 hours in advance. Book by email [guildford.spa@harbourhotels.co.uk](mailto:guildford.spa@harbourhotels.co.uk) or by phone 01483 792 304

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>METABOLIC MONDAY</b> 45 mins 7.15am - 8.00am</p>	 <p><b>METAFIT</b> 30 mins 12.15pm - 12.45pm</p>	 <p><b>BODY CONDITIONING</b> 45 mins 12.30pm - 1.15pm</p>	 <p><b>TRX</b> 45 mins 12.15pm - 1.00pm</p>	 <p><b>BODY CONDITIONING</b> 45 mins 7.15am - 8.00am</p>	 <p><b>YOGA</b> 60 mins 9.00am - 10.00am</p>	
 <p><b>BODY CONDITIONING</b> 45 mins 12.15pm - 1.00pm</p>	 <p><b>YOGA</b> 60 mins 6.30pm - 7.30pm</p>	 <p><b>CIRCUITS</b> 45 mins 6.30pm - 7.15pm</p>	 <p><b>PILATES</b> 60 mins 1.30pm - 2.30pm</p>	 <p><b>GLUTE CAMP</b> 45 mins 12.15pm - 1.00pm</p>		
		 <p><b>KickBOX</b> 60 mins 7.30pm - 8.30pm</p>	 <p><b>RUN CLUB</b> 60 mins 6.30pm - 7.30pm</p>			
			 <p><b>STRENGTH &amp; PERFORMANCE</b> Coming soon!</p>			