

# HARSPA

## TIMETABLE

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

Non-Members £6.00 per class, available to book 48 hours in advance.

Book by email [sidmouth.spa@harbourhotels.co.uk](mailto:sidmouth.spa@harbourhotels.co.uk) or by phone 01395 576 180

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>PILATES</b> Members only 10.00am - 11.00am Elaine	<b>CONDITIONING</b> Open to all 9.00am - 10.00am Kerrie	<b>YOGA</b> Members only 10.00am - 11.00am Abi	<b>CONDITIONING</b> Open to all 9.00am - 10.00am Kerrie
<b>PILATES</b> Open to all 11.30am - 12.30pm Elaine	<b>AQUACISE</b> Open to all 12.00pm - 12.45pm Paula	<b>YOGA</b> Open to all 11.15am - 12.15pm Abi	
<b>AQUACISE</b> Open to all 12.00pm - 12.45pm Paula	<b>MEDITATION</b> Open to all 2.00pm - 3.00pm Miranda	<b>MEDITATION</b> Open to all 2.00pm - 3.00pm Miranda	
<b>YOGA</b> Open to all 2.00pm - 3.00pm Abi	<b>MEDITATION</b> Open to all 6.00pm - 7.00pm Miranda	<b>PILATES</b> Beginners only 4.30pm - 5.30pm Elaine	
		<b>PILATES</b> Open to all 6.00pm - 7.00pm Elaine	