

# HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STRENGTH AND PERFORMANCE</b> With Adam 6.30AM-7.15AM 		<b>BODY CONDITIONING</b> with Chris 7.15AM - 8AM 	<b>YOGA</b> with Francis 7AM - 8AM 	<b>SPIN</b> with James 7.15AM - 8AM 		<b>BARRE</b> With Amelia 9.30AM-10.15AM 
	<b>CORE CONDITIONING</b> With Chris 12.15PM-1PM 				<b>BOXING</b> with Michael 9AM - 9.45AM	<b>YOGA</b> with Amelia 10.30AM - 11.30AM 
<b>FAT BURN</b> with Adam 12.15PM - 1PM 		<b>STRETCH AND MOBILITY</b> with Louise 1PM-1.30PM	<b>PILATES</b> with Millie 12.15PM - 1PM 	<b>BODY CONDITIONING</b> with Ian 12.15PM - 1PM 		
<b>BOXING</b> with Michael 6.15PM - 7PM 					<b>YOGA</b> with Francis 4.30PM - 5.30PM 	
	<b>BARRE</b> with Amelia / Francis 7.15PM - 8PM 	<b>PILATES</b> with Amelia 6.15PM - 7PM 	<b>BOXING</b> with Michael 6.15PM - 7PM 	<b>YOGA</b> with Amelia 6.15PM - 7PM		

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY