
































HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		BODY CONDITIONING with Chris 7.15AM - 8AM 	YOGA with Francis 7AM - 8AM 			BARRE With Amelia 9.30AM - 10.15AM 
	CORE CONDITIONING with Chris 12.15PM - 1PM 				BOXING with Michael 9AM - 9.45AM   	YOGA with Amelia 10.30AM - 11.30AM  
FAT BURN with Chris 12.15PM - 1PM  		STRETCH & MOBILITY with Louise 1PM - 1.30PM   	PILATES with Lia 12.15PM - 1PM   	BODY CONDITIONING with Ian 12.15PM - 1PM  		
BOXING FOR BEGINNERS with Michael 6.15PM - 7PM   					YOGA with Francis 4.30PM - 5.30PM 	
	BARRE with Amelia / Francis 7.15PM - 8PM  	PILATES with Lia 6.15PM - 7PM  	BOXING FOR BEGINNERS with Michael 6.15PM - 7PM   	YOGA with Kate 6.15PM - 7PM 		

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY