

# HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>BODY CONDITIONING</b> with Chris 7.15AM - 8AM 🤍🤍	<b>YOGA</b> with Francis 7AM - 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 Chris 12.15PM - 1PM 🤍🤍		<b>STRETCH &amp; MOBILITY</b> with Louise 1PM - 1.30PM 🤍🤍🤍	<b>PILATES</b> with Lia 12.15PM - 1PM 🤍🤍🤍	<b>BODY CONDITIONING</b> with Ian 12.15PM - 1PM 🤍🤍		
<b>BOXING FOR BEGINNERS</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 Lia 6.15PM - 7PM 🤍🤍	<b>BOXING FOR BEGINNERS</b> with Michael 6.15PM - 7PM 🤍🤍🤍	<b>YOGA</b> with Kate 6.15PM - 7PM 🤍		

🤍 MODERATE

🤍🤍 INTERMEDIATE

🤍🤍🤍 HIGH INTENSITY