

HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN with Leah 6.30 - 7.15AM 		BODY CONDITIONING with Chris 7.15AM - 8AM 	YOGA with Francis 7AM - 8AM 			BARRE With Francis 9.30AM - 10.15AM 
					BOXING with Michael 9AM - 9.45AM 	YOGA with Francis 10.30AM - 11.30AM 
HYT with Leah 12.15PM-1PM 	CORE CONDITIONING with Chris 12.15PM - 1PM 	SPIN With Leah 12.30PM - 1PM 		FAT BURN with Chris 12.15PM - 1PM 		
				STRETCH & MOBILITY with Louise 1.15PM - 1.45PM 	YOGA with Kate 4.30PM - 5.30PM 	
BOXING FOR BEGINNERS with Michael 6.15PM - 7PM 	BARRE with Amelia / Francis 7.15PM - 8PM 	PILATES with Lia 6.15PM - 7PM 	BOXING FOR BEGINNERS with Michael 6.15PM - 7PM 	YOGA with Amelia 6.15PM - 7:15PM 		

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY