

# HARSPA & CLUB CLASS TIMETABLE

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

♡ MODERATE

♡♡ INTERMEDIATE

♡♡♡ HIGH INTENSITY