

# HARSPA & CLUB CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Move Strong with Stephanie 7.30 - 8:15AM  	Move Strong with Stephanie 7.30 - 8:15AM  	HIIT with Nicholas 7 - 7.45AM   	PILATES with Ellie 8 - 9AM  	PILATES with Ellie 8 - 9AM  	AQUA with Sasha 8.15 - 9AM  	
	AQUA with Michalina 9:30 - 10:15AM  	AQUA with Nicholas 8 - 8.45AM  	ZUMBA with Jade 9.45 - 10:30AM  		YOGA with Victoria 9.15 - 10AM 	YOGA with Victoria 11:30 - 12:15PM 
		SPIN with James 5.15 - 5:45PM   	BODY PUMP with James 5.30 - 6PM   			
		PILATES with Hilary 6 - 6.45PM  				
ZUMBA with Jade 6.30 - 7.30PM  						

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY