

# HARSPA & CLUB CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> with Gabrielle 8 - 9AM   STUDIO 1 ♡♡	<b>VINYASA YOGA</b> with Sarah 7.30 - 8.30AM   STUDIO 1 ♡	<b>LBT</b> with Angeliki 8 - 9AM   STUDIO 1 ♡♡	<b>VINYASA YOGA</b> with Sarah 7.30 - 8.30AM   STUDIO 1 ♡	<b>YOGA</b> with Pamela 8 - 8.55AM   STUDIO 1 ♡	<b>HIIT</b> with Carl 8 - 9AM   STUDIO 1 ♡♡♡	<b>LBT</b> with Angeliki 8 - 9AM   STUDIO 1 ♡♡
<b>BODYBALANCE</b> with Jennifer 9.30 - 10.30AM   STUDIO 1 ♡	<b>HATHA YOGA</b> with Kirsty 9 - 10AM   STUDIO 1 ♡	<b>HIIT</b> with Carl 9.30 - 10.30AM   STUDIO 1 ♡♡♡	<b>MINDFUL HATHA FLOW</b> with Tina 9 - 10AM   STUDIO 1 ♡	<b>PILATES</b> with Anelia 9 - 10AM   STUDIO 1 ♡♡	<b>CORE CLINIC</b> with Carl 9 - 10AM   STUDIO 1 ♡♡	<b>BODYBALANCE</b> with Linda 9 - 10AM   STUDIO 1 ♡
<b>STRENGTH &amp; BALANCE</b> with Jon 10.30 - 11.30AM   STUDIO 1 ♡	<b>PILATES</b> with Natalia 10 - 11AM   STUDIO 1 ♡♡	<b>PILATES</b> with Pamela 10.40 - 11.25AM   STUDIO 1 ♡♡	<b>STRENGTH &amp; BALANCE</b> with Jon 10 - 11AM   STUDIO 1 ♡	<b>BARRE</b> with Anelia 10 - 11AM   STUDIO 1 ♡♡	<b>PILATES</b> with Natalia 10 - 11AM   STUDIO 1 ♡♡	<b>VINYASA YOGA</b> with Sarah 10 - 11AM   STUDIO 1 ♡
<b>HIIT</b> with Gabrielle 11.30 - 12.30PM   STUDIO 1 ♡♡♡	<b>PILATES</b> with Natalia 11.15 AM - 12.15PM   STUDIO 1 ♡♡	<b>PILATES</b> with Pamela 11.30 - 12.15PM   STUDIO 1 ♡	<b>AQUA</b> with Mandy 10 - 11AM   POOL	<b>HATHA YOGA</b> with Edwina 11AM - 12PM   STUDIO 1 ♡	<b>MINDFUL HATHA YOGA</b> with Tina 11.30AM - 12.30PM   STUDIO 1 ♡	
<b>HATHA YOGA</b> with Kirsty   Studio 1 4.45PM-5.45PM ♡		<b>HIIT</b> with Carl 12:15 - 1:15PM   STUDIO 1 ♡♡	<b>ZUMBA®</b> with Simona 11AM - 12PM   STUDIO 1 ♡♡	<b>AQUA</b> with Mandy 12 - 1PM   POOL ♡♡	<b>BODYPUMP</b> with Na'Young 12:30PM - 1:30PM   STUDIO 1 ♡♡	
<b>BODYPUMP</b> with Pamela 6 - 6.45PM   STUDIO 1 ♡♡				<b>INSANITY</b> with Mandy 1 - 2PM   STUDIO 1 ♡♡♡		<b>PILATES</b> with Natalia 1 - 2PM   STUDIO 1 ♡♡
<b>YOGA</b> with Pamela 6.50 - 7.35PM   STUDIO 1 ♡	<b>SPIN</b> with Gabrielle 6 - 7PM   STUDIO 2 ♡♡	<b>IYENGAR YOGA</b> with Ann 6 - 7PM   STUDIO 1 ♡	<b>HATHA YOGA</b> with Kirsty 6PM - 7PM   STUDIO 1 ♡	<b>STRETCH</b> with Anelia 5 - 6PM   STUDIO 1 ♡		
<b>LBT</b> with Angeliki 7.45PM-8.45PM   STUDIO 1 ♡♡	<b>BODYPUMP</b> with Gabrielle 7 - 8PM   STUDIO 1 ♡♡	<b>BOXERCISE 'BOXING'</b> with Carl 7.30PM - 8.30PM ♡♡	<b>VINYASA YOGA</b> with Steve 7 - 8PM   STUDIO 1 ♡	<b>STRETCH</b> with Anelia 6 - 7PM   STUDIO 1 ♡♡		

ZUMBA®

LES MILLS™

BEACHBODY®

♡ MODERATE

♡♡ INTERMEDIATE

♡♡♡ HIGH INTENSITY