

HARSPA & CLUB CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		BODY CONDITIONING with Chris 7.15AM - 8AM 	YOGA with Francis 7AM - 8AM 	SPIN with James 7.15AM - 8AM 		
		HIIT with Louise 12.15PM - 1PM 			BOXING with Michael 9AM - 9.45AM 	YOGA with Amelia 10.30AM - 11.30AM 
FAT BURN with Adam 12.15PM - 1PM 		STRETCH & MOBILITY with Louise 1PM - 1.30PM 	STRENGTH & PERFORMANCE with Adam 12.15PM - 1PM 	BODY CONDITIONING with Ian 12.15PM - 1PM 		
BOXING with Michael 6.15PM - 7PM 					YOGA with Francis 4.30PM - 5.30PM 	
	BARRE with Amelia/Francis 7.30PM - 8.15PM 	PILATES with Amelia STARTING IN 2025 6.15pm - 7pm 	BOXING with Michael 6.15PM - 7PM 	YOGA with Amelia 6.15PM - 7.15PM 		

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY