

HARSPA & CLUB CLASS TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|---|---|
| BODYPUMP with Gabrielle   8 - 9AM Studio 1 | VINYASA YOGA with Sarah  7.30 - 8.30AM Studio 1 | LBT with Angeliki   8 - 9AM Studio 1 | VINYASA YOGA with Sarah  7.30 - 8.30AM Studio 1 | YOGA with Pamela  8 - 8.55AM Studio 1 | | LBT with Angeliki   8 - 9AM Studio 1 |
| BODYBALANCE with Jennifer  9.30 - 10.30AM Studio 1 | HATHA YOGA with Kirsty  9 - 10AM Studio 1 | | MINDFUL HATHA FLOW with Tina  9 - 10AM Studio 1 | PILATES with Anelia   9 - 10AM Studio 1 | CORE CLINIC with Geoff   9 - 10AM Studio 1 | BODYBALANCE with Linda  9 - 10AM Studio 1 |
| STRENGTH & BALANCE with Jon  10.30 - 11.30AM Studio 1 | PILATES with Natalia   10 - 11AM Studio 1 | PILATES with Pamela   10.45 - 11.45AM Studio 1 | STRENGTH & BALANCE with Jon  10 - 11AM Studio 1 | BARRE with Anelia   10 - 11AM Studio 1 | PILATES with Natalia   10 - 11AM Studio 1 | VINYASA YOGA with Sarah  10 - 11AM Studio 1 |
| HIIT with Gabrielle    11.30 - 12.30PM Studio 1 | | | SPIN with Geoff   10-11AM Studio 2 | AQUA with Mandy   10 - 11AM Pool | HATHA YOGA with Edwina  11AM - 12PM Studio 1 | MINDFUL HATHA YOGA with Tina  11.30AM - 12.30PM Studio 1 |
| | | INSANITY with Geoff    12.30 - 1.30PM Studio 1 | ZUMBA® with Simona   11AM - 12PM Studio 1 | INSANITY with Mandy    12 - 1PM Studio 1 | BODYPUMP with Gabrielle   12:30PM - 1:30PM Studio 1 | |
| | | | | AQUA with Susan   1 - 2PM Pool | | PILATES with Natalia   1 - 2PM Studio 1 |
| BODYPUMP with Pamela   6 - 6.45PM Studio 1 | SPIN with Gabrielle   6 - 7PM Studio 2 | IYENGAR YOGA with Ann   6 - 7PM Studio 1 | | STRETCH with Anelia  5 - 6PM Studio 1 | | |
| YOGA with Pamela  6.50 - 7.45PM Studio 1 | BODYPUMP with Gabrielle   7 - 8PM Studio 1 | | VINYASA YOGA with Steve  7 - 8PM Studio 1 | STRETCH with Anelia   6 - 7PM Studio 1 | | |

ZUMBA®

LES MILLS™

BEACHBODY®

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY