






















H^ARSPA & CLUB

HARSPA & CLUB CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		HIIT with Curtis 7 - 7.45AM 			AQUA with Curtis 7.45 - 8.30AM 	HIIT with Curtis 9 - 9.45AM 
AQUA with Curtis 10 - 10.45AM 	HATHA YOGA with Victoria 9.30 - 10.15AM 	AQUA with Curtis 8 - 8.45AM 	PILATES with Ellie 8.30 - 9.30AM 	PILATES with Ellie 8.30 - 9.30AM 	HATHA YOGA with Victoria 9.15 - 10AM 	KETTLE STEP with Curtis 10 - 10.45AM 
			KETTLE STEP with Curtis 5 - 5.30PM 			YIN YOGA with Rochelle 4 - 5.15PM 
SPIN with James 6.30 - 7.30PM 	FLOW YOGA & MEDITATION with Rochelle 6.30 - 7.45PM 	PILATES with Hilary 6 - 6.45PM 	YOGA with Rahul 6.30 - 7.15PM 	BOXERCISE with Curtis 5.30 - 6.15PM 		
BODY BLAST with James 7.45 - 8.30PM 			SPIN with Curtis 7.35 - 8.35PM 			

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY