

# SEQUOIA

## STUDIO CLASS TIMETABLE

### MONDAY

07:00 – 07:45	Indoor Cycling	Jenson
08:45 – 09:30	Pedal & Tone	Donna
09:30 – 10:10	Body conditioning	Donna
10.15 – 11.00	Boxing circuit	Gym team
10.30 – 11.15	Aqua	Tom
11:20 – 12:05	Vibeatz Dance Cond.	Lisa
12.10 – 12.55	Adaptable Yoga	Lisa
18:00 – 18:45	Indoor Cycling	Janine
18:45 – 19:30	Pilates	Janine
18.45 – 19:30	Yoga Nidra	Diana

### TUESDAY

07:00 – 07:45	Yoga	Kas
08:45 – 09:30	Indoor Cycling	Sophie
09:40 – 10:25	Body Pump	Sophie
10:00 – 10:45	Aqua	Grace
10:40 – 11:25	Pilates	Emma
11:30 – 12:15	Gentle Yoga Flow	Emma
18:00 – 18:45	Pilates	Carol
18:30 – 19:15	Aqua	Aarti
18:30 – 19:15	Yoga Nidra	Diana
19:00 – 19:45	LIIT	Carol
19:30 – 20:15	Yoga Nidra	Diana

### WEDNESDAY

07:00 – 07:45	Indoor Cycling	Sophie
08:00–08:30	Stretch and Relax	Cody
08:45 – 09:30	Pedal & Tone	Donna
09:30 – 10:00	Abs/Core Blast	Antonia
10:00 – 10:45	LBT	Antonia
10:30 – 11:15	Aqua	Amy
10:45 – 11:30	Pilates	Antonia
11:45 – 12:30	Hatha Yoga	Denise
18:00 – 18:45	Indoor Cycling	Amy
18:50 – 19:30	Body Conditioning	Amy

### THURSDAY

07:00 – 07:45	Hatha Flow Yoga	Denise
07:45 – 08:15	Meditation	Denise
09:00 – 09:45	Freestyle Tone	Angie
10:00 – 10:45	Barre-fit	Angie
10:30 – 11:15	Aqua	Sarah
11:00 – 11:45	Pilates	Janine
18:00 – 18:45	Boxing circuit	Gym team
18:30 – 19:50	Yoga Nidra	Diana
19.00 – 19.45	Gravity Yoga	Carol

### FRIDAY

07:00 – 07:45	Indoor Cycling	Dan
08:45 – 09:30	Bootcamp Blast	Donna
09:30 – 10:00	Functional core	Donna
10:10 – 10:55	Pilates	Emma
11:00 – 11:45	Freestyle weights	Emma
12:00 – 12:45	Pilates	Emma

### SATURDAY

08:45 – 09:30	Indoor Cycling	Sophie
09:30 – 10:15	Indoor Cycling	Sophie
10:25 – 11:10	Body Pump	Sophie
11:15 – 12:00	LIIT	Carol
12:00 – 12:45	Core Conditioning	Carol

### SUNDAY

08:30 – 09:00	Bootcamp Blast	Gym Team
09:10 – 09:55	Hatha Yoga	Denise
10:00 – 10:45	Hatha Yoga	Denise
10:55 – 11:40	Zumba	Theresa
11:45 – 12:30	Pilates	Theresa

***Classes can be booked no earlier than six days before.***