

# SEQUOIA

## STUDIO CLASS TIMETABLE

### MONDAY

07:00 - 07:45	Indoor Cycling	Gym team
08:45 - 09:30	Pedal & Tone	Donna
09:30 - 10:10	Body conditioning	Donna
10:15 - 11:00	Vinyasa flow Yoga	Anisha
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 & relax	Gym team
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
12:30 - 13:00	Meditation	Denise
18:00 - 18:45	Indoor cycling	Gym team
18:50 - 19:30	Body conditioning	Sonia

### THURSDAY

07:00 - 07:45	Hatha Flow Yoga	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
11:50 - 12:30	Freestyle weights	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	Pedal & Tone	Gym team
08:45 - 09:30	Circuits	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.**