

Studio Etiquette

- All Indoor cycling, Xtend Barre and Body Pump Classes require pre-booking with Sequoia Reception.
- A member can book themselves and one other, into a class. Classes can be booked a maximum of 6 days in advance.
- On days where there are two of the same class back to back, a member may book one and join the waiting list for their second choice. This is to allow more people to enjoy our classes.
- Members must inform Sequoia Reception should they be unable to attend their class.
- All guests should use the wipes and spray provided to clean down equipment after use, to prevent the spread of germs.
- Please arrive to your classes at the published time. Late arrivals may not be admitted to the class to prevent disruption to the class and for your own safety.
- There will be a short changeover period between each class for equipment to be put away or set out. Our instructors will always try to keep this time to a minimum.
- Sequoia supply equipment for use in classes and kindly asks that members do not remove this from the studio.

Personal Training

INDIVIDUAL PRICING FOR PERSONAL TRAINING,
TENNIS COACHING, SWIMMING AND PILATES

NO.	TIME	1 MEMBER
1	30 mins	£25
5	30 mins	£120
10	30 mins	£225

NO.	TIME	1 MEMBER
1	60 mins	£50
5	60 mins	£235
10	60 mins	£450

Please note Tennis is only available as 60 minute lessons.
Hotel Guest prices start from £75 per person per hour.

Studio Timetable

Autum/Winter 2018

SEQUOIA

MONDAY

07:00 – 07:45	Indoor Cycling	Dexter
08:45 – 09:15	H.I.I.T	Dexter
09:15 – 10:00	Body Pump	Kevin
09:30 – 10:30	Powerwalk	Carol T
10:00 – 11:15	Power Yoga	Andrea
11:00 – 11:45	Aqua	Moirá
11:30 – 12:00	Skill Circuit	Gym Team
18:00 – 18:45	Indoor Cycling	Sophie
18:45 – 19:30	Body Pump	Sophie
19:40 – 20:25	WOW	Freya

WEDNESDAY

07:00 – 07:45	Indoor Cycling	Dexter
09:00 – 09:30	Core Blast	Antonia
09:30 – 10:15	Indoor Cycling	Antonia
09:30 – 10:30	Walk	Gym Team
10:15 – 11:00	LBT	Antonia
11:00 – 11:45	Aqua	Antonia
11:00 – 12:00	Yoga	Katey
12:30 – 13:00	Skill Circuit	Gym Team
18:15 – 18:55	Indoor Cycling	Carole Ann
18:30 – 19:15	Aqua	Antonia
19:15 – 20:00	Barre Fusion	Antonia

FRIDAY

07:00 – 07:45	Indoor Cycling	Kevin
09:00 – 09:30	H.I.I.T	Sophie
09:30 – 10:15	Body Pump	Sophie
09:30 – 10:30	Walk	Gym Team
10:25 – 10:55	Cardio Blast	Sophie
11:00 – 11:45	LBT	Emma

SUNDAY

09:15 – 09:45	H.I.I.T	Sophie
09:45 – 10:30	Body Pump	Jean/Natasha
10:45 – 11:30	Run Club	Jean/Dexter
10:45 – 11:45	Pilates	Carol T
12:00 – 13:00	Ultimate Stretch	Carol/Katey

TUESDAY

07:00 – 07:45	Fitness Yoga	Wendy
09:00 – 09:45	Body Conditioning	Sophie
09:45 – 10:30	Indoor Cycling	Sophie
09:45 – 10:30	Aqua	Grace
10:30 – 11:00	Core Blast	Sophie
11:00 – 12:00	Pilates	Emma
12:30 – 13:00	Skill Circuit	Gym Team
18:00 – 19:00	Pilates	Carol T
19:00 – 20:00	Hatha Yoga	Diana
20:00 – 21:00	Mediation and Mindfulness	Diana

THURSDAY

06:30 – 07:00	Active Swim	Freya
07:00 – 07:45	Body Conditioning	Emma
09:00 – 09:30	Express Spin	Rafael
09:30 – 10:15	Dance Mix	Lisa
09:45 – 10:30	Aqua	Rafael
10:00 – 10:45	Run Club	Gym Team
10:15 – 10:45	Fitness Yoga	Lisa
11:00 – 12:00	Pilates	Paula
12:00 – 12:30	Stretch	Gym Team
18:00 – 19:00	Body Pump	Vicky
19:00 – 20:00	Yoga	Katey

SATURDAY

08:45 – 09:30	Indoor Cycling	Sophie
09:30 – 10:15	Indoor Cycling	Sophie
10:00 – 10:45	Aqua	Carol
10:15 – 11:00	Body Pump	Sophie
11:15 – 12:00	Core Conditioning	Carol
12:00 – 12:45	Zumba	Nana

Classes and times are subject to change. For the latest news and information please check the noticeboards or ask a member of the Gym Team.