

# SEQUOIA

## STUDIO CLASS TIMETABLE

### MONDAY

07:00 - 07:45	Indoor Cycling	Jenson
08:45 - 09:30	Pedal & Tone	Donna
9:30 - 10:10	Strength & Conditioning	Donna
10:15 - 11:00	Boxing	Gym Team
10:30 - 11:15	Aqua	Tom
11:10 - 11:55	viBeatz Dancefit	Lisa
12:00 - 12:45	Adaptable Yoga	Lisa
18:00 - 18:45	Indoor Cycling	Janine
18:50 - 19:35	Pilates	Janine
18.45 - 19:30	Yoga Nidra	Diana

### TUESDAY

07:00 - 07:45	Yoga	Leanne
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
19:00 - 19:45	Hatha Yoga	Diana
19:50 - 20:35	Nidra Yoga	Diana

### WEDNESDAY

07:00 - 07:45	Indoor Cycling	Sophie
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
09:00 - 09:45	Body Pump	Emma
10:00 - 10:45	LBT	Emma
10:30 - 11:15	Aqua	Sarah
11:00 - 11:45	Pilates	Janine
18:00 - 18:45	Pedal & Tone	Dan
18:00 - 19:20	Yoga Nidra	Diana

### 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	Body Pump	Emma
11:00 - 11:45	Total Body Workout	Emma
12:00 - 12:45	Pilates	Emma
17.45 - 18.30	Circuits	Gym Team

### 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

08:15 - 09:00	Circuits	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.**