

SEQUOIA

Christmas Studio Class Timetable 2025 (22nd Dec- 1st Jan)

Monday 22nd December

08:45-09:30	Pedal & Tone	Donna
09:30-10:10	Body Conditioning	Donna
10:15-11:00	Vinyasa Flow Yoga	Anisha
11.20-12:05	Vibeatz Dance conditioning	Lisa
12.10-12.55	Adaptable Yoga	Lisa
18:00-18:45	Group Cycle	Janine
18:45-19.30	Yoga Nidra	Diana
18:50-19:35	Pilates	Janine

Tuesday 23rd December

08:45-09:30	Group Cycle	Sophie
09:40-10:25	Body Pump	Sophie
10:40-11:25	Pilates	Emma
11.30-12:15	Gentle Yoga Flow	Emma
18:00-18:45	Pilates	Carol
18.30-19.15	Yoga Nidra	Diana

Wednesday 24th December

08:45-09:30	Pedal & Tone	Donna
09:30-10:00	Abs & core blast	Antonia
10:00-10:45	LBT	Antonia
10.45-11.30	Pilates	Antonia

Thursday 25th December

No classes

Friday 26th December

09:00-10:00	Boxing Day walk	Gym team
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Saturday 27th December

09:30-10:15	Group Cycle	Sophie
10:25-11:10	Body Pump	Sophie
11:15-12:00	LIIT	Carol
12:00-12:45	Core conditioning	Carol

Sunday 28th December

08:30-09:00	Bootcamp	Gym Team
09:10-09:55	Hatha Yoga	Denise
10:00-10:45	Hatha Yoga	Denise

Monday 29th December

09:00-10:00	Pedal & Tone	Donna
10:15-11:00	Vinyasa Flow Yoga	Anisha
18.45-19.30	Yoga Nidra	Diana

Tuesday 30th December

09:00-09:45	Group Cycle	Gym Team
09:50-10:30	Freestyle weights	Gym Team
10:40-11:25	Pilates	Emma
11.30-12:15	Gentle Yoga Flow	Emma
18.30-19.15	Yoga Nidra	Diana

Wednesday 31st December

09:00-09:45	Pedal & Tone	Gym Team
10:00-10:45	LBT	Antonia
10:45-11.30	Pilates	Antonia

Thursday 1st January

09:00-10:00	New Year's walk	Gym team
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