

SEQUOIA

STUDIO CLASS TIMETABLE

MONDAY 20 APRIL

08.45 – 09.15	HIIT	Donna
09.20 – 10.10	Body conditioning	Donna
10.30 – 11.15	Aqua	Tom
11.15 – 12.00	Vibeatz Dance Cond.	Lisa
12.05 – 12.50	Mobility	Lisa
18.00 – 18.45	HIIT	Janine
18.45 – 19.30	Pilates	Janine
18.45 – 19.30	Yoga Nidra	Diana

TUESDAY 21 APRIL

08.45 – 09.30	Boxing	Sophie
09.40 – 10.25	HIIT	Sophie
10.00 – 10.45	Aqua	Helen
10.40 – 11.25	Pilates	Emma
11.30 – 12.15	Pilates	Emma
12.45 – 13.30	Archery	Gym team
18.30 – 19.15	Aqua	Aarti
18.30 – 19.15	Yoga Nidra	Diana
19.30 – 20.15	Yoga Nidra	Diana

WEDNESDAY 22 APRIL

07.00 – 07.45	HIIT	Sophie
08.45 – 09:30	Boxing	Donna
09.30 – 10.00	Abs/core blast	Antonia
10.00 – 10.45	LBT	Antonia
10.30 – 11.15	Aqua (Walled garden)	Carly
10.45 – 11.30	Pilates	Antonia
18.00 – 18.45	HIIT	Carly
18.50 – 19.30	Body conditioning	Carly

Classes can be booked no earlier than six days before.