

# SEQUOIA

## STUDIO CLASS TIMETABLE

### MONDAY

08:00 – 08:30	Abs/core blast	<b>New</b>	Gym team
08:45 – 09:15	Express group cycle		Donna
09:20 – 10:10	Body conditioning		Donna
10:20 – 11:05	Pilates	<b>New</b>	Sarah
10:30 – 11:15	Aqua		Tom
11:25 – 12:10	Vibeatz Dance Cond.		Lisa
12:15 – 13:00	Mobility		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	Freestyle weights		Sophie
10:00 – 10:45	Aqua		Helen
10:35 – 11:20	Pilates		Emma
11:25 – 12:10	Gentle Yoga Flow		Emma
12:15 – 13:00	Pilates	<b>New</b>	Emma
18:00 – 18:45	Circuits		Carol
18:30 – 19:15	Yoga Nidra		Diana
19:00 – 19:45	Pilates	<b>New</b>	Carol
19:30 – 20:15	Yoga Nidra		Diana

### WEDNESDAY

07:00 – 07:45	Indoor cycling		Sophie
08:00 – 08:30	Stretch & foam roll		Gym team
08:45 – 09:30	Pedal & tone		Donna
09:30 – 10:00	Abs/core blast		Antonia
10:05 – 10:50	LBT		Antonia
10:30 – 11:15	Aqua		Carly
10:55 – 11:40	Pilates		Antonia
11:45 – 12:30	Hatha Yoga		Denise
12:35 – 13:05	Breathwork		Denise
18:00 – 18:45	Indoor cycling		Carly
18:50 – 19:30	Body conditioning		Carly

### THURSDAY

07:00 – 07:45	Yoga		Denise
09:15 – 10:00	Pilates	<b>New</b>	Angie
10:10 – 10:55	Barre conditioning		Angie
10:30 – 11:15	Aqua		Sarah
11:00 – 11:45	Pilates		Janine
11:50 – 12:30	Freestyle weights		Janine
18:00 – 18:45	Hybrid Performance		Gym team
18:30 – 19:50	Yoga Nidra		Diana
19:00 – 19:45	Gravity Yoga		Carol

### FRIDAY

07:00 – 07:45	Pedal & Tone		Kitty
08:00 – 08:30	Express group cycle	<b>New</b>	Gym team
08:45 – 09:30	Body conditioning		Donna
09:30 – 10:00	Abs/core blast		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	Freestyle weights		Sophie
11:15 – 12:00	LIIT		Carol
12:00 – 12:45	Pilates	<b>New</b>	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 + lift	<b>New</b>	Theresa
11:45 – 12:30	Pilates		Theresa

**Classes can be booked no earlier than six days before.**