

SEQUOIA

STUDIO CLASS TIMETABLE

MONDAY

08:00 - 08:30	Abs/core blast	Gym team
08.45 - 09.15	Express group cycle	Donna
09.20 - 10.10	Body conditioning	Donna
10.20 - 11.05	Pilates	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	Emma
18:00 - 18:45	Circuits	Carol
18:30 - 19:15	Yoga Nidra	Diana
19.00 - 19.45	Pilates	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	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	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	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	Theresa
11:45 - 12:30	Pilates	Theresa

Classes can be booked no earlier than six days before.