

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	Pedal & Core	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
10:00 – 10:45	LBT	Antonia
10:30 – 11:15	Aqua	Carly
10:50 – 11:35	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
08:45 – 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	Theresa
11:45 – 12:30	Pilates	Theresa

Classes can be booked no earlier than six days before.