

# SEQUOIA

## STUDIO CLASS TIMETABLE

### MONDAY

07:00 – 07:45	Indoor Cycling	Conor
09:00 – 09:45	Pedal & Tone	Donna
10:00 – 10:45	HIIT	Donna
11:00 – 11:45	Vibeatz Dance Cond.	Lisa
11.45 – 12:30	Adaptable Yoga	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	Leanne
08:45 – 09:30	Indoor Cycling	Sophie
09:40 – 10:25	Body Pump	Sophie
10:00 – 10:45	Aqua	Grace
10:30 – 11:00	Outdoor Boxing	Gym Team
10:40 – 11:25	Pilates	Emma
11:30 – 12:15	Gentle Yoga Flow	Emma
18:00 – 18:45	Pilates	Carol
18:30 – 19:15	Aqua	Aarti
19:00 – 19:45	Hatha Yoga	Diana
19:50 – 20:35	Nidra Yoga	Diana

### WEDNESDAY

07:00 – 07:45	Indoor Cycling	Sophie
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	Amy
10:45 – 11:30	Pilates	Antonia
11:45 – 12:30	Hatha Yoga	Denise
18:00 – 18:45	Indoor Cycling	Amy
18:45 – 19:30	Combat Cardio	Amy

### THURSDAY

07:00 – 07:45	Hatha Flow Yoga	Denise
09:00 – 09:45	Outdoor Boxing	Gym Team
09:00 – 09:45	Body Pump	Emma
10:00 – 10:45	LBT	Emma
10:30 – 11:15	Aqua	Sarah
11:00 – 11:45	Pilates	Janine
18:00 – 18:45	Hatha Yoga	Diana
18:50 – 19:35	Yoga Nidra	Diana

### FRIDAY

07:00 – 07:45	Indoor Cycling	Conor
09:00 – 09:45	Bootcamp Blast	Donna
10:30 – 11:15	Outdoor Run	Gym Team
10:00 – 10:45	Body Pump	Emma
11:00 – 11:45	Total Body Workout	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	Body Pump	Sophie
11:15 – 12:00	LIIT	Carol
12:00 – 12:45	Core Conditioning	Carol

### SUNDAY

08:30 – 09:00	Bootcamp Blast	Gym Team
09:10 – 09:55	Hatha Yoga	Denise
10:00 – 10:45	Hatha Yoga	Denise
11:00 – 11:45	Zumba	Theresa
11:45 – 12:30	Pilates	Theresa

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