

# LONDON FIELDS<sup>TM</sup>

## FITNESS STUDIO E8

by Sapan Sehgal

### Timetable - September 2018

#### Monday

7AM (30) Good Morning Warriors w/ Sapan	8AM (30) Pilates Express w/ Simona	11:30AM Vinyasa Yoga w/ Kirsten	1:00PM (30) Lunch Break (HIIT) w/ Sapan	4:00PM Kids Karate w/ Joost	5:00PM Kids Karate w/ Joost	6:30PM Circuits w/ Rowan	7PM Army Boot Camp w/ Dean	7:30PM Circuit Training w/ Rowan	8:30PM (30) Stretch w/ Simona
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#### Tuesday

7AM (30) Yoga HIIT w/ Lela	8AM (45) Circuit Training w/ Rowan	11:30AM Circuits w/ Simon	1:00PM (30) Pilates Express w/ Lela	4:15PM Kids Karate w/ Joost	5:15PM Kids Karate w/ Joost	6:30PM (30) HIIT w/ Silvia	7PM Urban Escrima Modern Matial Art	8PM Warriors Circuit w/ Sapan
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#### Wednesday

7AM (30) HIIT w/ Claire	8AM Barre Fit w/ Lela	11:30AM Circuits w/ Amiee	4:00PM Kids Karate w/ Joost	5:00PM Kids Karate w/ Joost	6:30PM Circuit Training w/ Claire B	7:30PM Boxing Technique & Fitness w/ Elanor	8:30PM (30) HIIT w/ Elanor
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#### Thursday

7AM (30) Cray Cray Circuits w/ Claire B	8AM (30) Rebounding w/ Daisy <small>*Bookings essential</small>	11:30AM Pilates w/ Danai	4:15PM Kids Karate w/ Joost	5:15PM Kids Karate w/ Joost	6:30PM Urban Escrima Modern Martial Art	7PM Army Boot Camp w/ Dean	7:30PM HulaFit w/ Anna	8:30PM (30) HIIT w/ Simon	9PM - 10PM Night owl yoga (yin yoga) w/ Nadia
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#### Friday

7AM (30) Bodywork w/ Silvia	8AM (30) Pure HIIT w/ Simon	11:30AM Daybreaker Circuit w/ Sapan	1PM (30) Pilates Express w/ Lela	4:15PM Kids Karate w/ Joost	5:15PM Kids Karate w/ Joost	7PM Vinyasa Yoga w/ Daisy
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#### Saturday

9AM (45) Pilates w/ Kylie	9:30AM Parklife (outdoor) w/ Claire B
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#### Saturday Cont.

11AM Booty Camp w/ Sapan	12:30PM Power Yoga w/ Zoe	1:30PM Barre Fit w/ Lela <small>*Bookings essential</small>
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#### Sunday

09:00AM Rocket Yoga w/ Siobhan	10AM Zumba w/ Silvia	11AM Booty Camp w/ Sapan	12:30PM Pilates w/ Dionna	1:30PM Barre Fit w/ Deliah <small>*Bookings essential</small>	5PM Yin & Yang Yoga w/ Hannah
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● = drop into any of these classes for £6 or attend as many as you want with a £35 monthly pass drop in for Barre Fit is £10

■ = £10 per class, drop-ins welcome

▽ = £7 per class, bookings essential via [www.hulafit.com](http://www.hulafit.com)

○ = £6 drop in, not included in the class pass