



LONDON FIELDS™ FITNESS STUDIO E8



by Sapan Sehgal

Timetable - April 2024



Monday

7AM (30) Warriors w/ Sapan	8AM (30) Blue Monday (HIIT conditioning) w/ Sapan	9:30AM (30) Hardcore (Abs) w/ Sapan	11:30AM (30) Rebounding (Jump, Kris cross style) w/ Daisy Bookings essential	1:00PM (30) Lunch Break (HIIT) w/ Sapan	6:30PM (60) Circuits w/ Simon	7:30PM (30) HIIT w/ Simon	8:00PM (30) Stretch flexibility class w/ Ali
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Tuesday

7AM (30) Pure HIIT w/ Sapan	8AM (30) HIIT w/ Sapan	9:30AM (30) Gunshow (Upperbody) w/ Sapan	10:00AM (60) Disco Fit w/ Simon	11:30AM (60) Pilates w/ Simona	1:00PM (30) HIIT w/ Sapan	6:30PM (30) HIIT w/ Sapan	7PM Urban Escrima Modern Martial Art	8PM (30) Warriors Circuit w/ Sapan	8:30PM (60) Classic yoga Hatha/Ashtanga w/Simona
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Wednesday

7AM (30) HIIT w/ Jess	8AM (30) Kettle Bells w/ Jess	9:30AM (30) No Butts (Lowerbody) w/ Sapan	11:30AM Yummy Mummy w/ Alex Kids welcome!	1PM (30) HIIT w/ Sapan	6:30PM (60) Circuit Training w/ Simon / Sapan	7:30PM (45) After Dark (Strength & Conditioning Not for the faint hearted) w/Sapan
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Thursday

7AM (30) Cray Cray Circuits w/ Jess	8AM (30) HIIT w/ Jess	9:30AM (30) Heartbreaker (Cardio) w/ Sapan	11:30AM Pilates w/ Simona	1 PM HIIT w/ Sapan	6:30PM Urban Escrima Modern Martial Art	7PM (45) The Great Outdoors (Strength and HIIT) w/ Sapan	7:30PM (60) Dynamic pilates w/ Fleur	8:30PM (60) Classic Yoga Hatha /Ashtanga w/ Simona
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Friday

7AM (30) Bodywork w/ Jess	8AM (30) Kettle Bells w/ Sara	9:30AM (30) Total Recall (Fullbody) w/ Sapan	11:30AM (45) Daybreaker Circuit w/ Sapan	1PM (30) Pilates Express w/ Simona	2PM (60) Boxing w/ Elanor	6PM (60) Vinyasa Yoga w/ Daisy
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Saturday

9AM (45) Pilates w/ Simona	10AM (45) Barre Fit w/ Simona <small>*Bookings essential</small>	11AM (45) Booty Camp w/ Sapan	1PM (60) Power Yoga w/ Zoe
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Sunday

11AM (45) Booty Camp w/ Sapan	12:30PM (60) Pilates w/ Simona	5PM (60) Yin yoga Destress from being too trendy w/Daisy
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- = £10 per class, drop ins welcome
- = Included in class pass or drop in for £7.50
- = Included in class pass or drop in for £10

Please refrain from coming if one is unwell or member of household is.

Please bring own towel

For pilates/yoga please bring your own mat

Please allow 5 mins at end of class to clean equipment

