





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 kross 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

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

Pilates w/ Simona

11:30AM(60)

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/Áshtanga w/Simona

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

Thursday

7AM (30)

Cray Cray Circuits w/ Jess

8AM (30)

HIIT w/ Jess

9:30AM (30)

Heartbreaker (Cardio) w/ Sapan

11:30AM

Pilates HIIT w/ Simona w/ Sapan

1 PM

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

Friday

7AM (30)

Bodywork w/ Jess

8AM (30) Kettle Bells w/ Sara

9:30AM (30) Total Recall

w/ Sapan

(Fullbody)

11:30AM (45)

Daybreaker Circuit w/ Sapan

1PM (30)

Pilates Express w/ Simona

2PM (60) Boxing

w/ Elanor

6PM (60) Vinyasa Yoga w/ Daisy



Saturday

9AM (45)

10AM (45) **Pilates** Barre Fit w/ Simona w/ Simona

£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

11AM (45)

w/ Sapan

Booty Camp

1PM (60)

Power Yoga **Booty Camp** w/Zoe w/ Sapan

Sunday

11AM (45)

Pilates w/ Simona

12:30PM (60)

5PM (60)

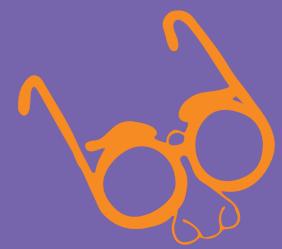
Yin yoga Destress from being too trendy w/Daisy



Please bring own towel

For pilates/yoga please bring your own mat

Please allow 5 mins at end of class to clean equipment



londonfieldsfitness.com / @londonfieldsfit / 379 Mentmore Terrace, London E8 3PH