



# LONDON FIELDS<sup>TM</sup>

## FITNESS STUDIO E8

by Sapan Sehgal

Timetable - April 2025



### Monday

7AM (30) Warriors w/ Sapan	8AM (30) Blue Monday (HIIT conditioning) w/ Sapan	9:30AM (30) Hardcore (Abs) w/ Sapan	12:30AM (30) Rebounding (Jump, Kris kross style) w/ Daisy <b>Bookings essential</b>	1:00PM (30) Lunch Break (HIIT) w/ Sapan	6:30PM (60) Circuits w/ Simon	
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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	12:00PM(60) Pilates w/ Fleur	1:00PM (30) HIIT w/ Sapan	6:30PM (30) HIIT w/ Sapan	7PM Urban Escrima Modern Martial Art	8:00PM (60) Classic yoga Hatha/Ashtanga w/ Manon
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### Wednesday

7AM (30) HIIT w/ Jess	8AM (30) Kettle Bells w/ Jess	9:30AM (30) No Butts (Lowerbody) w/ Sapan	1PM (30) HIIT w/ Sapan	6:30PM (30) After Dark (Strength & Conditioning Not for the faint hearted) w/Sapan	7:30PM (45) Warriors (pure cardio) 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	12:00PM(60) 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/ 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	12PM (60) Pilates express w/ Simona	1PM (45) Daybreaks w/ Sapan	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		11AM (45) Booty Camp w/ Sapan	12:30PM (60) Pilates w/ Simona
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### Sunday

- = £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
- = **New!** - Booking essential, £80 a calendar month, for unlimited classes for that age group 12 in total.  
- £10 drop in , but must book for both.  
- Classes run during half term.

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



FIND OUT MORE AT:

[londonfieldsfitness.com](https://londonfieldsfitness.com) / @londonfieldsfit / Unit 8, Bayford Street London, E8 3SE