

FOCUS FIT CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	<u>7.30-8.15</u> BOOTCAMP CHRIS - OUTSIDE		<u>7.30-8.15</u> BOOTCAMP JULES - OUTSIDE	<u>8.00-8.45</u> FOCUS FIT OLLIE - OUTSIDE			
9am	<u>9.00-9.45</u> TRX LAURA - OUTSIDE	<u>8.45-9.30</u> BARRE FLICK - ZOOM	<u>9.00-9.45</u> CORE HIIT LAURA - OUTSIDE	<u>9.00-9.45</u> BARRE FLICK - ZOOM	<u>9.00-9.45</u> LEGS, BUMS & TUMS LAURA - OUTSIDE	<u>9.30-10.15</u> FOCUS FIT JULES - OUTSIDE	
10am	<u>9.00-9.45</u> FOCUS SCULPT ALI - ZOOM	<u>9.30-10.15</u> FOCUS HIIT JULES - OUTSIDE	<u>10.00-10.45</u> FOCUS SCULPT JULES - OUTSIDE	<u>09.30-10.15</u> RIG CIRCUITS JULES - OUTSIDE	<u>10.00-10.45</u> PILATES FLICK - ZOOM	<u>10.30-11.30</u> HATHA YOGA ISIE - ZOOM	<u>10.00-10.45</u> FOCUS FIT OLLIE - OUTSIDE
11am	<u>10.00-10.45</u> STRETCH & TONE ALI - ZOOM	<u>9.45-10.30</u> PILATES FLICK - ZOOM	<u>10.15-11.00</u> LEGS, BUMS & TUMS NICKY - ZOOM	<u>10.00-10.45</u> STRETCH & TONE FLICK - ZOOM			
12noon							
1pm							
2pm							
3pm			<u>2.30-3.15</u> YOGALATES JULIA - ZOOM				
4pm							
5pm		<u>5.00-5.45</u> RIG CIRCUITS OLLIE - OUTSIDE					
6pm	<u>6.00-6.45</u> FOCUS CONDITIONING JULES - OUTSIDE		<u>6.15-7.00</u> RIG CIRCUITS JULES - OUTSIDE	<u>6.00-6.45</u> FOCUS CONDITIONING JULES - OUTSIDE			
7pm	<u>7.00-8.00</u> YOGA MADDY - ZOOM						