

FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	<u>7.30-8.15</u> BOXING BOOTCAMP OLLIE	<u>8.45-9.30</u> BARRE FLICK	<u>7.30-8.15</u> BOOTCAMP JULES	<u>6.30-7.00</u> HIIT CIRCUITS JULES	<u>8.00-8.45</u> INDOOR CYCLE OLLIE	<u>8.30-9.15</u> INDOOR CYCLE JULES	
9am	<u>9.00-9.45</u> TRX LAURA	<u>9.30-10.15</u> FOCUS FIT - BLAST JULES	<u>9.00-9.45</u> FOCUS FIT - SHRED LAURA	<u>9.00-9.45</u> BARRE FLICK	<u>9.00-9.45</u> LEGS, BUMS & TUMS LAURA	<u>9.30-10.15</u> FOCUS SCULPT JULES	<u>9.30-10.15</u> FOCUS FIT - POWER OLLIE
10am	<u>9.00-9.45</u> FOCUS SCULPT ALI	<u>9.45-10.30</u> PILATES FLICK	<u>9.30-10.15</u> INDOOR CYCLE JULES	<u>09.30-10.15</u> RIG CIRCUITS JULES	<u>10.00-10.45</u> TRX OLLIE	<u>10.30-11.30</u> HATHA YOGA ISIE	<u>10.30-11.30</u> PILATES LIESEL
11am	<u>10.00-10.45</u> STRETCH & TONE ALI		<u>10.15-11.00</u> LEGS, BUMS & TUMS NICKY	<u>10.00-10.45</u> STRETCH & TONE FLICK	<u>10.00-10.45</u> PILATES FLICK		
12noon			<u>12.00-12.30</u> HIIT CIRCUITS JULES		<u>12.00-12.30</u> BOXFIT OLLIE		
1pm							
2pm							
3pm			<u>2.30-3.15</u> YOGALATES JULIA				
4pm							
5pm							
6pm	<u>6.15-7.00</u> FOCUS FIT - POWER OLLIE	<u>5.15-6.00</u> INDOOR CYCLE OLLIE	<u>6.15-7.00</u> INDOOR CYCLE JULES	<u>6.15-7.00</u> TRX SCULPT JULES			
7pm	<u>7.05-8.05</u> VINYASA YOGA MADDY	<u>6.30-7.30</u> PILATES LIESEL					