

FOCUS FIT

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am							
8am	<u>8.00-8.45</u> FOCUS CYCLE & CORE LAURA	<u>7.30-8.15</u> FOCUS BOOTCAMP CHRIS	<u>7.30-8.15</u> FOCUS FIT JULES	<u>8.00-8.45</u> FOCUS CYCLE JULES		<u>8.30-9.15</u> FOCUS CYCLE JULES	
9am	<u>9.00-9.45</u> FOCUS SCULPT ALI	<u>8.45-9.30</u> BARRE FLICK	<u>9.00-9.45</u> FOCUS CYCLE & CORE LAURA	<u>9.00-9.45</u> BARRE FLICK	<u>9.00-9.45</u> FOCUS AB BLAST LAURA	<u>9.30-10.15</u> FOCUS FIT JULES	<u>9.30-10.15</u> FOCUS CYCLE OLLIE
10am	<u>10.00-10.45</u> STRETCH & TONE ALI	<u>9.30-10.15</u> FOCUS CYCLE JULES	<u>9.15-10.00</u> FOCUS SCULPT JULES	<u>09.30-10.15</u> FOCUS HIIT JULES	<u>10.00-11.00</u> PILATES FLICK		<u>10.30-11.15</u> FOCUS CONDITIONING OLLIE
11am		<u>9.45-10.30</u> PILATES FLICK	<u>10.15-11.00</u> LEGS, BUMS & TUMS NICKY	<u>10.00-10.45</u> STRETCH & TONE FLICK			
12noon				<u>11.00-11.45</u> PILATES JULIA			
1pm							
2pm							
3pm			<u>2.30-3.15</u> YOGALATES JULIA				
4pm							
5pm							
6pm	<u>6.00-6.45</u> FOCUS CONDITIONING JULES	<u>6.00-6.45</u> PILATES SARAH	<u>6.15-7.00</u> FOCUS CYCLE & CORE JULES				