

## FOCUS FIT LIVE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am		<u>7.30-8.15</u> FOCUS FIT OLLIE					
8am				<u>8.00-8.45</u> FOCUS FIT JULES			
9am	<u>9.00-9.45</u> FITNESS FUSION ALI	<u>8.45-9.30</u> BARRE FLICK	<u>9.00-9.45</u> CORE HIIT 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> CORE HIIT JULES	<u>9.30-10.15</u> FOCUS FIT OLLIE
10am	<u>10.00-10.45</u> STRETCH & TONE ALI	<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	<u>10.00-10.45</u> PILATES FLICK	<u>10.30-11.30</u> HATHA YOGA ISIE	
11am			<u>11.30-12.30</u> FITNESS CONSULTATION JULES				
12noon							
2pm							
3pm							
4pm			<u>4.00-4.45</u> BODY CONDITIONING JULES				
5pm							
6pm	<u>6.00-6.45</u> BODY CONDITIONING JULES	<u>6.15-7.00</u> YOGALATES JULIA		<u>6.00-6.45</u> CORE HIIT JULES			
7pm	<u>7.00-8.00</u> VINYASA YOGA MADDY						