

FOCUS FIT CLASS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|------------------------------------------------|-------------------------------------------------|--------------------------------------------------|-------------------------------------------------|------------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| 8am | <u>8.00-8.45</u> INDOOR CYCLE OLLIE | <u>8.45-9.30</u> BARRE FLICK | <u>7.30-8.15</u> BOOTCAMP 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 CONDITIONING 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 | | | | | | | |
| 1pm | | | | | | | |
| 2pm | | | | | | | |
| 3pm | | | <u>2.30-3.15</u> YOGALATES JULIA | | | | |
| 4pm | | | | | | | |
| 5pm | | <u>5.15-6.00</u> INDOOR CYCLE OLLIE | | | | | |
| 6pm | <u>6.00-6.45</u> FOCUS FIT - POWER OLLIE | | <u>6.15-7.00</u> INDOOR CYCLE JULES | <u>6.00-6.45</u> FOCUS CONDITIONING JULES | | | |
| 7pm | <u>7.00-8.00</u> YOGA MADDY | <u>6.30-7.30</u> PILATES LIESEL | | | | | |