

# FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	<u>6.30-7.15</u> DAWN RAID CYCLE CATH		<u>7.30-8.15</u> BOOTCAMP JULES	<u>6.30-7.00</u> HIIT CIRCUITS JULES		<u>7.30-8.15</u> FOCUS SCULPT JULES	
9am	<u>7.30-8.15</u> MONDAY MOTIVATION OLLIE	<u>8.45-9.30</u> BARRE FLICK	<u>9.00-9.45</u> FOCUS FIT - SHRED LAURA	<u>9.00-9.45</u> BARRE FLICK	<u>8.00-8.45</u> INDOOR CYCLE OLLIE	<u>8.30-9.15</u> INDOOR CYCLE JULES	<u>9.00-10.00</u> HATHA YOGA ISIE
10am	<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 SCULPT NICKY	<u>09.15-10.00</u> RIG CIRCUITS JULES	<u>9.00-9.45</u> TRX OLLIE	<u>9.30-10.15</u> FOCUS SCULPT JULES	<u>9.30-10.15</u> INDOOR CYCLE KELLY
11am	<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>10.00-10.45</u> STRETCH & TONE FLICK	<u>9.00-9.45</u> FOCUS FIT - BLAST VICTORIA	<u>9.30-10.15</u> INDOOR CYCLE OLLIE	<u>10.30-11.15</u> TRX STRENGTH KELLY
12pm	<u>10.00-10.45</u> STRETCH & TONE ALI		<u>10.00-10.45</u> LEGS, BUMS, TUMS NICKY	<u>11.00-12.00</u> POWER YOGA NATASHA	<u>10.00-10.45</u> PILATES FLICK	<u>10.30-11.30</u> HATHA YOGA ISIE	<u>10.30-11.30</u> CORE, STRENGTH & TONE NATASHA
1pm	<u>12.00-12.45</u> INDOOR CYCLE OLLIE		<u>12.00-12.30</u> HIIT CIRCUITS JULES		<u>12.00-12.30</u> BOXFIT OLLIE		
2pm			<u>2.00-2.45</u> YOGALATES JULIA				
3pm							
4pm	<u>4.00-4.45</u> RIG STRENGTH JULES						
5pm		<u>5.15-6.00</u> INDOOR CYCLE OLLIE					
6pm	<u>6.15-7.00</u> BOXERCISE VICTORIA	<u>6.15-7.00</u> POWER YOGA NATASHA	<u>6.15-7.00</u> FOCUS SCULPT JULES	<u>6.15-7.00</u> INDOOR CYCLE JULES			
7pm	<u>7.05-8.05</u> VINYASA YOGA MADDY	<u>7.05-7.50</u> HATHA & MEDITATION YOGA NATASHA	<u>7.05-8.05</u> PILATES LIESEL	<u>7.05-8.05</u> YIN YOGA CHE			