

FOCUS CLASS TIMETABLE

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