

# FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	<u>7.00-7.45</u>	<u>7.00-7.45</u>	<u>7.00-7.45</u>		<u>7.00-7.45</u>	<u>8.30-9.15</u>	
8am	MONDAY MOTIVATION <b>OLLIE</b>	ROCKET YOGA <b>ISIE</b>	INDOOR CYCLE <b>TONY</b>		FRIDAY FREESTYLE <b>STEFANIA</b>	INDOOR CYCLE <b>JACQUELINE</b>	
	<u>9.00-9.45</u>	<u>8.45-9.30</u>	<u>9.00-9.45</u>		<u>8.00-8.45</u>	<u>8.30-9.15</u>	
9am	TRX <b>LAURA</b>	BARRE <b>FLICK</b>	FOCUS FIT - CORE <b>LAURA</b>	<u>9.00-9.45</u>	INDOOR CYCLE <b>OLLIE</b>	FOCUS CONDITIONING <b>OLLIE</b>	<u>9.00-10.00</u>
	<u>9.15-10.00</u>	<u>9.00-9.45</u>	<u>9.00-9.45</u>	BARRE	9.00-9.45	9.30-10.15	HATHA YOGA
	INDOOR CYCLE <b>ED</b>	BOXFIT <b>DARREN</b>	FOCUS SCULPT <b>NICKY</b>	<b>FLICK</b>	LEGS, BUMS & TUMS <b>FLICK</b>	FOCUS SCULPT <b>JACQUELINE</b>	<b>GABBY</b>
10am	<u>9.00-9.45</u>	<u>9.30-10.15</u>	<u>9.30-10.15</u>	<u>9.15-10.00</u>	<u>9.00-9.45</u>	<u>9.30-10.15</u>	<u>9.30-10.15</u>
	FOCUS SCULPT <b>ALI</b>	RIG CIRCUITS <b>JULES</b>	INDOOR CYCLE <b>JULES</b>	RIG CIRCUITS <b>JULES</b>	RIG CIRCUITS <b>VICTORIA</b>	INDOOR CYCLE <b>OLLIE</b>	DANCERISE <b>STEFANIA</b>
11am	<u>10.00-10.45</u>	<u>9.45-10.30</u>	<u>10.00-10.45</u>	<u>10.00-10.45</u>	<u>9.00-9.45</u>	<u>10.30-11.30</u>	<u>9.30-10.15</u>
	STRETCH & TONE <b>ALI</b>	PILATES <b>FLICK</b>	LEGS, BUMS & TUMS <b>NICKY</b>	STRETCH & TONE <b>FLICK</b>	TRX <b>OLLIE</b>	HATHA YOGA <b>ISIE</b>	INDOOR CYCLE <b>DARREN</b>
12pm	<u>12.00-12.45</u>	<u>12.00-12.30</u>	<u>12.00-12.30</u>	<u>12.00-1.00</u>	<u>10.00-10.45</u>		<u>10.30-11.15</u>
	INDOOR CYCLE <b>OLLIE</b>	ABS BLAST <b>DARREN</b>	HIIT CIRCUITS <b>ED</b>	POWER YOGA <b>NATASHA</b>	PILATES <b>FLICK</b>		PILATES <b>STEFANIA</b>
1pm					<u>12.00-12.30</u>		<u>10.30-11.15</u>
2pm					BOXFIT <b>OLLIE</b>		GLUTE CAMP <b>DARREN</b>
3pm			<u>2.00-2.45</u>				
			PILATES <b>JULIA</b>				
4pm	<u>4.00-4.45</u>	<u>5.15-6.00</u>					
	RIG STRENGTH <b>DARREN</b>	INDOOR CYCLE <b>OLLIE</b>					
5pm		<u>6.15-7.00</u>					
		CORE, STRENGTH & TONE YOGA <b>NATASHA</b>					
6pm	<u>6.10-6.55</u>	<u>7.05-7.50</u>	<u>6.15-7.00</u>	<u>6.15-7.00</u>			
	BOXFIT <b>DARREN</b>	HATHA & MEDITATION YOGA <b>NATASHA</b>	FOCUS SCULPT <b>JULES</b>	INDOOR CYCLE <b>TONY</b>			
7pm	<u>7.00-8.00</u>		<u>7.15-8.00</u>	<u>7.05-7.50</u>			
	VINYASA YOGA <b>MADDY</b>		PILATES <b>ANNA</b>	GLUTE CAMP <b>DARREN</b>			