

FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	<u>7.00-7.45</u> MONDAY MOTIVATION	<u>7.00-7.45</u> ROCKET YOGA	<u>7.00-7.45</u> INDOOR CYCLE		<u>7.00-7.45</u> FRIDAY FREESTYLE	<u>8.30-9.15</u> INDOOR CYCLE	
8am	OLLIE <u>9.00-9.45</u> TRX	ISIE <u>8.45-9.30</u> BARRE	TONY <u>7.30-8.00</u> CORE & CARDIO		STEFANIA <u>8.00-8.45</u> INDOOR CYCLE	JACQUELINE <u>8.30-9.15</u> FOCUS CONDITIONING	
9am	LAURA <u>9.15-10.00</u> INDOOR CYCLE	FLICK <u>9.00-9.45</u> BOXFIT	DARREN <u>9.00-9.45</u> FOCUS FIT - CORE	<u>9.00-9.45</u> BARRE	OLLIE <u>9.00-9.45</u> LEGS, BUMS & TUMS	OLLIE <u>9.30-10.15</u> FOCUS SCULPT	<u>9.00-10.00</u> HATHA YOGA
10am	ED <u>9.00-9.45</u> FOCUS SCULPT	DARREN <u>9.30-10.15</u> RIG CIRCUITS	LAURA <u>9.00-9.45</u> FOCUS SCULPT	FLICK <u>9.15-10.00</u> RIG CIRCUITS	FLICK <u>9.00-9.45</u> RIG CIRCUITS	JACQUELINE <u>9.30-10.15</u> INDOOR CYCLE	GABBY <u>9.30-10.15</u> DANCERCISE
11am	ALI <u>10.00-10.45</u> STRETCH & TONE	DARREN <u>9.45-10.30</u> PILATES	NICKY <u>9.30-10.15</u> INDOOR CYCLE	JULIES <u>10.00-10.45</u> STRETCH & TONE	TRX <u>9.00-9.45</u> HATHA YOGA	OLLIE <u>10.30-11.30</u> HATHA YOGA	DARREN <u>9.30-10.15</u> INDOOR CYCLE
12pm	ALI <u>12.00-12.45</u> INDOOR CYCLE	FLICK <u>12.00-12.30</u> ABS BLAST	JULIES <u>10.00-10.45</u> LEGS, BUMS & TUMS	FLICK <u>12.00-1.00</u> POWER YOGA	OLLIE <u>10.00-10.45</u> PILATES	ISIE <u>10.30-11.15</u> PILATES	DARREN <u>10.30-11.15</u> PILATES
1pm		DARREN <u>12.00-12.30</u> HIIT CIRCUITS	NICKY <u>12.00-12.30</u> HIIT CIRCUITS	NATASHA <u>12.00-1.00</u> POWER YOGA	FLICK <u>12.00-12.30</u> BOXFIT	STEFANIA <u>10.30-11.15</u> GLUTE CAMP	STEFANIA <u>10.30-11.15</u> GLUTE CAMP
2pm			ED <u>2.00-2.45</u> PILATES		OLLIE <u>12.00-12.30</u> BOXFIT		DARREN <u>10.30-11.15</u> GLUTE CAMP
3pm			JULIA <u>2.00-2.45</u> PILATES				
4pm	<u>4.00-4.45</u> RIG STRENGTH						
5pm	DARREN <u>4.00-4.45</u> RIG STRENGTH	<u>5.15-6.00</u> INDOOR CYCLE					
6pm		OLLIE <u>6.15-7.00</u> CORE, STRENGTH & TONE YOGA					
7pm	<u>6.10-6.55</u> BOXFIT	NATASHA <u>7.05-7.50</u> HATHA & MEDITATION	<u>6.15-7.00</u> FOCUS SCULPT	<u>6.15-7.00</u> INDOOR CYCLE	<u>6.15-7.00</u> INDOOR CYCLE		
	DARREN <u>7.00-8.00</u> VINYASA YOGA	YOGA	JULIES <u>7.15-8.00</u> PILATES	TONY <u>7.05-7.50</u> GLUTE CAMP			
	MADDY	NATASHA	ANNA	DARREN			