

# 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>8.00-8.45</u>	<u>8.30-9.15</u>	
8am	MONDAY MOTIVATION OLLIE <u>9.15-10.00</u> RIGROX JAKE <u>9.00-9.45</u> TRX LAURA <u>9.00-9.45</u>	ROCKET YOGA ISIE <u>8.45-9.30</u> BARRE FLICK <u>9.15-10.00</u> RIGROX JAKE <u>9.30-10.15</u>	INDOOR CYCLE TONY  <u>9.00-9.45</u> RIG FIT - CORE LAURA <u>9.00-9.45</u>		FULL BODY FOCUS STEFANIA <u>8.00-8.45</u> INDOOR CYCLE OLLIE <u>9.00-9.45</u> LEGS, BUMS & TUMS FLICK <u>9.00-9.45</u>	INDOOR CYCLE JACQUELINE <u>8.30-9.15</u> FOCUS CONDITIONING OLLIE <u>9.30-10.15</u> FOCUS SCULPT JACQUELINE <u>9.30-10.15</u>	
9am				CORE CARDIO GYM TEAM <u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u>			<u>9.00-10.00</u> HATHA YOGA GABBY <u>9.30-10.15</u>
10am	FOCUS SCULPT ALI <u>10.00-10.45</u> STRETCH & TONE ALI <u>12.00-12.45</u> INDOOR CYCLE OLLIE	INDOOR CYCLE JULES <u>9.45-10.30</u> PILATES FLICK <u>10.30-11.15</u> TRX JAKE <u>12.00-12.30</u>	FOCUS SCULPT NICKY <u>9.30-10.15</u> INDOOR CYCLE JULES <u>10.00-10.45</u>	RIG CIRCUITS JULES <u>10.00-10.45</u> STRETCH & TONE FLICK  <u>12.00-1.00</u> POWER YOGA NATASHA	RIG CIRCUITS GYM TEAM <u>9.00-9.45</u> TRX OLLIE <u>10.00-10.45</u> PILATES FLICK <u>11.00-11.45</u>	INDOOR CYCLE OLLIE <u>10.30-11.30</u> HATHA YOGA ISIE	DANCERCISE STEFANIA <u>9.30-10.15</u> INDOOR CYCLE ED <u>10.30-11.15</u> PILATES STEFANIA <u>10.30-11.15</u>
11am		ABS & GLUTES GYM TEAM	FULL BODY FOCUS NICKY <u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM <u>2.00-2.45</u> PILATES JULIA		HIIT BOXFIT OLLIE <u>12.00-12.30</u> HIIT BOXFIT OLLIE		HIIT TRX ED <u>11.30-12.15</u> FOCUS SCULPT JACQUELINE (BI-WEEKLY)
12pm							
1pm							
2pm							
3pm							
4pm	<u>4.00-4.45</u> RIG STRENGTH ED	<u>5.15-6.00</u> INDOOR CYCLE OLLIE <u>6.15-7.00</u>	<u>5.15-6.00</u> TRX JAKE				
5pm		CORE, STRENGTH & TONE YOGA NATASHA <u>7.05-7.50</u>			<u>5.25-6.10</u> DANCERCISE STEFANIA <u>6.15-7.00</u>		
6pm	<u>6.10-6.55</u> HIIT BOXFIT ED <u>7.00-8.00</u>	HATHA & MEDITATION YOGA NATASHA	<u>6.15-7.00</u> FOCUS SCULPT JULES <u>7.15-8.00</u> PILATES STEFANIA				
7pm	VINYASA YOGA MADDY						