

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 ISIE	<u>7.00-7.45</u> INDOOR CYCLE TONY		<u>8.00-8.45</u> FULL BODY FOCUS STEFANIA	<u>8.30-9.15</u> INDOOR CYCLE JACQUELINE	
8am	<u>9.15-10.00</u> RIGROX JAKE	<u>8.45-9.30</u> BARRE FLICK		<u>8.00-8.45</u> CALISTHENICS HOLLY	<u>8.00-8.45</u> INDOOR CYCLE OLLIE	<u>8.30-9.15</u> FOCUS CONDITIONING OLLIE	
9am	<u>9.00-9.45</u> TRX LAURA	<u>9.15-10.00</u> RIGROX JAKE	<u>9.00-9.45</u> RIG FIT - CORE LAURA	<u>9.00-9.45</u> BARRE FLICK	<u>9.00-9.45</u> LEGS, BUMS & TUMS FLICK	<u>9.30-10.15</u> FOCUS SCULPT JACQUELINE	<u>9.00-10.00</u> HATHA YOGA GABBY
10am	<u>9.00-9.45</u> FOCUS SCULPT ALI	<u>9.30-10.15</u> INDOOR CYCLE JULES	<u>9.00-9.45</u> FOCUS SCULPT NICKY	<u>9.15-10.00</u> RIG CIRCUITS JULES	<u>9.00-9.45</u> RIG CIRCUITS GYM TEAM	<u>9.30-10.15</u> INDOOR CYCLE OLLIE	<u>9.30-10.15</u> DANCERCISE STEFANIA
11am	<u>10.00-10.45</u> STRETCH & TONE 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> TRX OLLIE	<u>10.30-11.30</u> HATHA YOGA ISIE	<u>9.30-10.15</u> INDOOR CYCLE ED
12pm	<u>12.00-12.45</u> INDOOR CYCLE OLLIE	<u>10.30-11.15</u> TRX JAKE	<u>10.00-10.45</u> FULL BODY FOCUS NICKY	<u>12.00-1.00</u> POWER YOGA NATASHA	<u>10.00-10.45</u> PILATES FLICK		<u>10.30-11.15</u> PILATES STEFANIA
1pm		<u>12.00-12.30</u> ABS & GLUTES GYM TEAM	<u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM		<u>11.00-11.45</u> PILATES FLICK		<u>10.30-11.15</u> HIIT TRX ED
2pm			<u>2.00-2.45</u> PILATES JULIA		<u>12.00-12.30</u> HIIT BOXFIT OLLIE		<u>11.30-12.15</u> FOCUS SCULPT JACQUELINE (BI-WEEKLY)
3pm							
4pm	<u>4.00-4.45</u> RIG STRENGTH ED	<u>5.15-6.00</u> INDOOR CYCLE OLLIE	<u>5.15-6.00</u> TRX JAKE				
5pm		<u>6.15-7.00</u> CORE, STRENGTH & TONE YOGA NATASHA		<u>5.15-6.00</u> DANCERCISE STEFANIA			
6pm	<u>6.10-6.55</u> HIIT BOXFIT ED	<u>7.05-7.50</u> HATHA & MEDITATION YOGA NATASHA	<u>6.15-7.00</u> FOCUS SCULPT JULES	<u>6.05-6.50</u> BARRELATES STEFANIA			
7pm	<u>7.00-8.00</u> VINYASA YOGA MADDY		<u>7.15-8.00</u> PILATES STEFANIA				